

Parent**Link**

Being a
grandparent



a **chance** to
'parent' a second
time round...with
greater wisdom

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- **take time to have fun — share their interests**
- **love and support them**
- **keep the family alive with stories of the past**
- **be a listening ear and share ideas — don't always give advice**
- **one of the best things for your grandchildren is to support their parents**



Parent**Link**

Being a
parent



your most
important
job

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- spend time with children — it says they are valued
- ask for help — no parent is perfect
- be kind to your children and yourself
- find out about children's development — this gives realistic expectations
- show them they're loved, tell them they're loved

child & family centres | ACT

Hours Monday to Friday 9 am–5 pm

Tuggeranong | Tel 6207 8228
159 Anketell Street, Greenway

Gungahlin | Tel 6207 0120
Ernest Cavanagh Street, Gungahlin

**Free, friendly, expert
advice for parents**



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Parent**Link**

Being
a dad



how you are
a dad is what
matters most

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children need ...

- **practical help**
- **your time and attention**
- **play**
- **to see your soft side**
- **friendship**
- **to build happy memories
in your time together**

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*Parent***Link**

*Being
a mumm*



to shape and
influence a child's
life is the most
important thing
you can do

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- **ask for help when you need it**
- **take care of yourself**
- **build a special relationship with each child**
- **take time out to enjoy your children**

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Parent**Link**

*Living
with
toddlers*



longing to feel
**safe ... wanting
to be free**

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toddlers need ...

- your patience
- time to explore
- encouragement
- simple choices
- to be able to test out their independence and come back to you for comfort

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Parent**Link**

Living
with
teens



wanting
freedom...still
needing you

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- you don't have to agree — you do need to listen
- be interested in their interests
- challenging is normal
- be easy to approach
- hang in there — they need to know they can always count on you



Parent**Link**

*Living with
children*



**your love is
your child's
best asset**

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- listen to feelings as well as words
- tell them what to do instead of what not to do
- ask yourself ‘what is the message I’m really giving?’
- positive language gets a good response
- look at things through their eyes

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Parent**Link**

*Living
with
babies*



**foundations laid
NOW set the
scene for your
child's future**

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babies need ...

- to be read to
- to be talked to
- to feel safe
- to be enjoyed
- you to look, listen and respond

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Parent**Link**

*Families
that work
well*



depend on adults
supporting
each other and
their **children**

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- **value the difference in each other**
- **create a sense of belonging**
- **make time to be together**
- **show appreciation**
- **make time for each other**
- **make time for fun**
- **listen to each other**
- **give encouragement**

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