

Useful Contacts

- **Family Lives**—<http://familylives.org.uk/> Call the parentline free on 0808 800 2222
- **Gingerbread**— Single parent helpline Phone today for free, on 0808 802 0925. www.gingerbread.org.uk/
- **Samaritans**— www.samaritans.org/ Call 116123
- **Young Minds**— www.youngminds.org.uk/ Parents helpline 08088025544
- **NSPCC**—0808 800 5000, help@nspcc.org.uk or text 88858.
- **Charlie Waller** <http://www.cwmt.org.uk/resources>

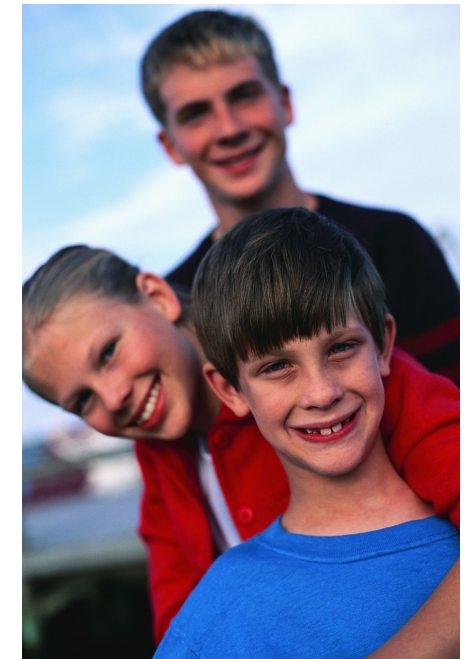


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*Promoting Self -
Esteem &
Emotional Well
Being for Children*



*A leaflet for parents providing tips,
support and guidance developed by
Alpha Wellbeing Associates Ltd*

Keeping Children Well & Happy

Listening to Children & Why is it Important?

Children are very perceptive and instinctive, they know how you feel towards them and if you are truly listening to them.

Feeling valued and heard is essential for all of us but particularly for children and young people. Studies have shown that if children do not feel attached and cared for, their brain development is very significantly impaired.

In order for their own individual sense of self worth to develop each child will need some positive affirmation from at least one person, preferably their parent or carer.

An additional factor for a child's development is that they feel safe, loved and cared for. Frightened children can't learn or grow into their own potential.



10 Top Tips

- 1. Telling them they are cared for and that you love them**
- 2. Giving smiles and hugs**
- 3. Listening to them**
- 4. Doing things together and being active**
- 5. Giving specific praise and paying them compliments**
- 6. Asking their opinion**
- 7. Telling stories and reading together**
- 8. Always apologising when you are wrong**
- 9. Leaving a positive message for them on a note**
- 10. Laughing together**



Where to go for Extra Help & Support

All parents struggle sometimes, it could be argued that being a parent is one of the most difficult, challenging and demanding jobs we ever have?

Also the vast majority of us do not receive any training for what is one of the most important roles. It is really essential to not be afraid to ask for advice and support when you are struggling. There are many avenues for you to access the vital help and guidance you need.

These include your doctor, health visitor, school nurse and staff at the local GP surgery or health centre.

It is also very helpful to talk to the head teacher or staff at your child's school, nursery or playgroup.

