

Unbelievably Simple Tips To Be A Great Parent

There are 9 minutes during the day that have the greatest impact on a child:



The first 3 minutes after they wake up.

Always start the day with a smile.

The 3 minutes when they come home from school or you have lunch together.

Greet them with a smile, ask what their favourite activity was, show interest and encouragement.



The last 3 minutes of the day before they go to bed.

Have a quiet time routine, tell them a story, sing a song, tell them you love them.



Children need positive touches and connection during the day to feel safe and connected to a parent.

It can be as simple as the straightening of a collar, a pat on the shoulder, holding hands, sitting together and watching TV, or best - a simple hug.

Each day, your kids need a meaningful eye-to-eye conversation with a parent.

It is especially important for babies to have eye contact, but children of all ages need parents to slow down and look them in the eyes. Sit together and have a chat!



Relationships Australia.

SOUTH AUSTRALIA

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