

**Parenting Tips
from
Community Parenting Service
6a Penrith PI
BALGA WA 6061
Phone: 9440 0011
Opening times : Monday to Friday 12 PM to 4 PM**

GREAT WAYS TO GOOD EMOTIONAL HEALTH

An emotionally healthy child is happy most of the time and wants to learn, grow and make friends

- **UNDERSTAND YOUR CHILD'S NEEDS**
Children need LOVE, ACCEPTANCE and SECURITY
- **ENCOURAGE INDEPENDENCE**
Trust in your child's abilities. Encourage self-help skills such as feeding and dressing themselves. Give them freedom to grow and make mistakes.
- **GIVE DISCIPLINE AND GUIDANCE**
Be consistent and set fair limits. Teach by example and discuss your values and beliefs.
- **SHOW YOUR INTEREST**
Talk to your child about their experiences at school and keep in regular contact with the teacher. Avoid putting pressure on your child to achieve.
- **RELAX TOGETHER**
Make time for family activities you can enjoy together. Plan a "quiet time". Turn off the TV and stereo. Spend the time reading writing or daydreaming.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.