

16-18
Years



Spending time together gives space for connecting – then talking will come. Be around for their quiet time.

Respond to their cues – react when you think they're looking for you.

Do something together at least once a week – try a hobby they like, something they suggest. Find a hobby you might enjoy together.

Make opportunities to be together – e.g. eat meals together.

Give comforting hugs when you think they are needed/welcome.

Follow a predictable routine each day – then they'll know when to get time with you.

19-24
Years



Spending time together gives space for connecting – then talking will come. Be around for their quiet time.

Try to find a hobby or interest to do together regularly.

Reach out and invite them to spend time with you, doing something they suggest.

Give comforting hugs when you think they are needed/welcome.

If you make arrangements, stick to them.

An easy to follow guide of Parent Actions to help your child's social and emotional development as they grow.

#

1

**Spend time
with your child**

All parents worry about their children's social and emotional well being at times, and want to do the best for their children. This series of leaflets are for all parents to help you on that journey with your child together.

For more info contact
Cork CYPSC Co-ordinator;
Karen.omahony1@tusla.ie

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Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidlearn.ie
- www.cypsc.ie



barnardos.ie/parents



Parenting babies to adults



5-Stage Development Guide

Parent Action #1 - Spend time with your child

How to support your child's
social & emotional well being



5-Stage Guide

CYPSC Cork's Supporting Parents Subgroup is making this series of Parent Actions because we understand that supporting children's social and emotional well-being can bring its own challenges. We suggest 6 Parent Actions with simple advice for each stage of your child's social and emotional development to help you both on your journey together....

#1 Spend time with your child

We suggest you start these Parent Actions when your child is young, and build on them for each age as they grow. If introducing them at an older age it may take a while for your child to adapt, and you may have to go back an age.

This Parent Action leaflet is 1 of 6. Try the other leaflets too.

Parent Action

- # 1 Spend time with your child
- # 2 Help your child to understand and express their feelings
- # 3 Help your child adapt to changes
- # 4 Help yourself to help you as a parent
- # 5 Help your child stay technology safe
- # 6 Help your child celebrate difference so that everyone belongs

Birth-5 Years



Babies/Toddlers read your face - be face-to-face and make eye contact when you talk/they babble.

Respond to their cues - react when you think they're looking for you.

Cuddle & hug your baby/toddler as often as you can each day.

Make time to play with your child - try babbling, singing, jigsaws, blocks, reading, art, fun at nappy change or bath time. Encourage your child to choose what to play.

Follow a predictable routine each day - then they'll know you're there when they need you.

6-10 Years



Show your interest by telling them about your day, and then hearing about their day.

Respond to their cues - react when you think they're looking for you.

Cuddle and hug your child often each day.

Make time to play with your child - try for at least 15 minutes each day. Try jigsaws, blocks, reading together, art, a sport, dancing/singing, and board games. Encourage your child to choose what to play.

Follow a predictable routine each day - then they'll know their time with you.

11-15 Years



Spending time together gives space for connecting - then talking will come. Be around for their quiet time.

Respond to their cues - react when you think they're looking for you.

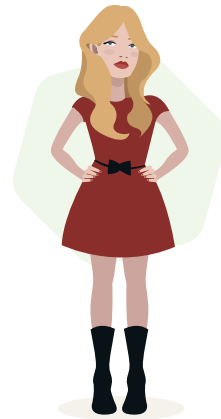
Do something together at least once a week - try a hobby they like, something they suggest. Find a hobby you might enjoy together.

Make opportunities to be together - e.g. eat meals together.

Give comforting hugs when you think they are needed/welcome.

Follow a predictable routine each day - then they'll know their time with you.

16-18
Years



Acknowledge your child's feelings as you observe them - and offer a listening ear. "You seem disappointed, do you want to talk about it?"

Tell your child that all feelings are ok - it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this together."

Do something together. Spending time together gives space to connect - and then talking will come.

Help them to explore what helps them when they have difficult feelings.

Tell your child you love them every day.

Show your love with offers of hugs. Be available and responsive when they might need hugs.

19-24
Years



Acknowledge your child's feelings as you observe them - and offer a listening ear

Ask open ended questions. How are you feeling? And listen to the answer.

Do something together. Spending time together gives space to connect - and then talking will come.

Help them to explore what helps them when they have difficult feelings.

Tell them you love them regularly.

Show your love with offers of hugs. Be available and responsive when they might need hugs.

An easy to follow guide of Parent Actions to help your child's social and emotional development as they grow.

#2

Help your child to understand & express their feelings

All parents worry about their children's social and emotional well being at times, and want to do the best for their children. This series of leaflets are for all parents to help you on that journey with your child together.

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Parenting babies to adults



5-Stage Development Guide

Parent Action #2 - Help your child to understand & express their feelings

How to support your child's social & emotional well being



5-Stage Guide

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Help your child to understand & express their feelings

We suggest you start these Parent Actions when your child is young, and build on them for each age as they grow. If introducing them at an older age it may take a while for your child to adapt, and you may have to go back an age.

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Parent Action

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- # 5 Help your child stay technology safe
- # 6 Help your child celebrate difference so that everyone belongs

Birth-5 Years



Name your own feelings in front of your child - remember your feeling should match your face.

Help your child by giving their feelings a name...
"You look happy, you have a big smile..."
"You look mad, you are frowning..."

Tell your child that all feelings are ok - it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this with words not hitting."

Tell your child you love them frequently throughout the day.

Show your love with cuddles & hugs as often as you can.

Make time to play something together each day. Playing together gives reassurance and connection.

Read stories with feelings words in them. E.g. Mr Men series. Ask your local library for suggestions about books.

6-10 Years



Help your child by giving their feelings a name day-to-day.
"You're disappointed it's not your turn..."
"I know you're frustrated that it's hard to do X..."

Tell your child that all feelings are ok - it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this with words".

Tell your child you love them frequently throughout the day.

Show your love with cuddles & hugs as often as you can.

Make time to play something together each day. Spending time together gives space to connect - and then talking will come.

Read stories with feeling words in them.

11-15 Years



Help your child by giving their feelings a name day-to-day. "You're disappointed that you didn't get selected..."
"You're proud that your efforts paid off..."
"I know you're frustrated that she doesn't seem to listen..."

Tell your child that all feelings are ok - it's how we react to them matters e.g. "It's ok to be angry, let's try to solve this together".

Do something together. Spending time together gives space to connect - and then talking will come.

When either/both of you are angry, suggest you both take 5 mins break to calm down - then both of you can listen better when calm.

Tell your child you love them every day.

Show your love with offers of hugs. Respond when they are looking for hugs.

16-18
Years



Know that how you adapt to change influences how your child adapts to change.

Maintain your routine each day – even if they drop in and out of it. The security of the routine makes other changes easier for them to cope with.

Share information - acknowledge that your child can now do many things without your permission/ consent, give them info they might need – GP etc.

Consult with them/agree rules about when they can come and go.

Agree a rota jobs for them in the house – this builds their self-reliance and coping skills. Let them learn how to do it.

19-24
Years



Know that how you adapt to change influences how your child adapts to change.

Negotiate/agree your routine each day/week in your house. They'll know they can fall back on something familiar if they need to.

Share information – give your opinion/advice if asked, and say you'll help them get info they need if you don't have it.

Consult with them/agree rules about when they can come and go when in your house.

Negotiate/agree rules for shared-living when in your house - this maintains their self-reliance and coping skills.

An easy to follow guide of Parent Actions to help your child's social and emotional development as they grow.

#

3

**Help your
child adapt
to changes**

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Parenting babies to adults



5-Stage Development Guide

Parent Action #3 - Help your child adapt to changes

How to support your child's
social & emotional well being



5-Stage Guide

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#3

Help your child adapt to changes

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Parent Action

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- # 5 Help your child stay technology safe
- # 6 Help your child celebrate difference so that everyone belongs

Birth-5 Years



Know that how you adapt to change influences how your child adapts to change.

Follow a predictable routine each day - the security of the routine makes other changes easier for them to cope with.

Share information - tell your child what is happening during the day so they know what to expect.

Give them notice when a change is coming e.g. bed in 10 minutes.

Always say goodbye & tell them when you'll be back.

Let your child help you to get their things ready for the next activity - helps them to plan for change.

6-10 Years



Know that how you adapt to change influences how your child adapts to change.

Follow a predictable routine each day - the security of the routine makes other changes easier for them to cope with.

Share information - tell your child what is happening during the day so they know what to expect.

Give them notice when a change is coming e.g. homework in 15 minutes.

Always say goodbye & tell them when you'll be back.

Help your child get their own things ready for the next activity - e.g. pyjamas for bed, school bag the night before, swim gear etc.

Add in a job in the house for them to do - this helps their self-reliance and coping skills.

11-15 Years



Know that how you adapt to change influences how your child adapts to change.

Follow a predictable routine each day - the security of the routine makes other changes easier for them to cope with.

Share information - talk to your child about upcoming changes e.g. secondary school. Ask them to identify the positives and negatives, and chat about them.

Give them notice when a change is coming e.g. screen time off in 30 minutes.

Always say goodbye, and agree when they should come back.

Encourage your child to prepare what they need each day.

Agree a rota jobs for them in the house - this builds their self-reliance and coping skills. Let them learn how to do it.

16-18
Years



Know that it's ok and normal to not have all the answers and need support.

On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around.

Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own.

Being a parent is a really tough job, try to reach out to others e.g. a youth/community group, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know.

Consider accepting offers of help.

Learn how to let go. Be ok with their independence. Explore new hobbies, and find new and old interests again

19-24
Years



Know that it's ok and normal to not have all the answers and need support.

Learn how to let go. Be ok with their independence. Explore new hobbies, and find new and old interests again.

An easy to follow guide of Parent Actions to help your child's social and emotional development as they grow.

#

4

**Help yourself
to help you
as a parent**

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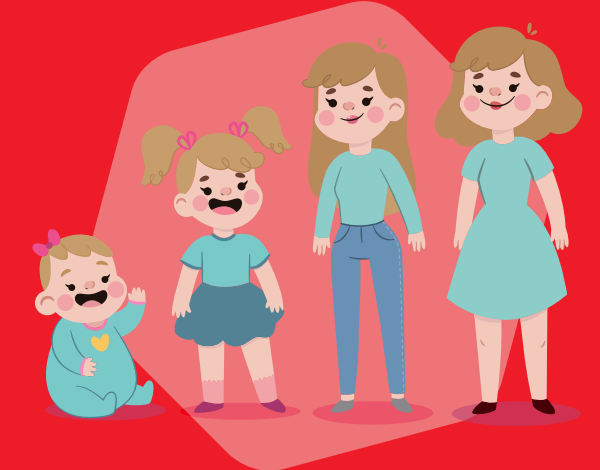
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Parenting babies to adults



5-Stage Development Guide

Parent Action #4 - Help yourself to help you as a parent

How to support your child's social & emotional well being



5-Stage Guide

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#4

Help yourself to help you as a parent

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Parent Action

- # 1 Spend time with your child
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- # 3 Help your child adapt to changes
- # 4 Help yourself to help you as a parent
- # 5 Help your child stay technology safe
- # 6 Help your child celebrate difference so that everyone belongs

Birth-5 Years



Know that it's ok and normal to not have all the answers and need support.

On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around.

Let yourself have some time for yourself. Do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own

Being a parent is a really tough job, try to reach out to others e.g. a parent/baby group, GP, PHN, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know.

Consider accepting offers of help.

Prioritise sleep over housework or tasks when your baby/toddler sleeps.

6-10 Years



Know that it's ok and normal to not have all the answers and need support.

On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around.

Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own.

Being a parent is a really tough job, try to reach out to others e.g. a childcare provider, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know.

Consider accepting offers of help.

11-15 Years



Know that it's ok and normal to not have all the answers and need support.

On a challenging parenting day, taking 10 minutes to yourself to let off steam can help turn it around.

Let yourself have some time for yourself, and do something you enjoy at least once a week e.g. hobby, sport, coffee with a friend, bath on your own.

Being a parent is a really tough job, try to reach out to others e.g. a youth/community group, school, GP, community group, or someone whose advice you trust. Or maybe set up a WhatsApp group of people you know.

Consider accepting offers of help.

16-18
Years



- ◆ Monitor your own phone/screen use – you are their role model.
- ◆ Know what your child is doing online – have conversations about it. Be aware of trends among teenage use e.g. tinder for teens; impact of long term images online. Be alert to mood changes and respond.
- ◆ Try the games, social media, websites and apps your child is using so that you know what it's about.
- ◆ Make yourself aware of risks online – www.webwise.ie – this website makes it easier to understand.
- ◆ Let your child know that it is ok to come to you about anything they may have seen online which has made them uncomfortable or curious. React with a curious interest to find out more, rather than a scolding tone which could close it down.
- ◆ Decide your time limits for devices and stick to it.
- ◆ Use WhatsApp/social media to enhance family communication.
- ◆ Agree times when screens are not allowed e.g. dinner time, bedtime, homework time.
- ◆ Make all bedrooms technology free zones – including your own to model positive technology use.
- ◆ Be cautious of your child's images on social media – think about their privacy when they are older, and be wary of young people learning to want/need "likes" for good self-esteem. Celebrate their achievements face-to-face.

- ◆ Agree with your child your expectation of how they behave online e.g.:
 - Who they can interact with online
 - Not sharing images
 - Not making negative comments
 - Not giving identifying information
- ◆ Things to watch out for are – your child having online friends not known to them in person; people not known to them asking to connect; friends asking for images.

19-24
Years



Your child is an adult now, but let them know that you are always there to talk things over.

◆
Use WhatsApp/social media to enhance family communication.

An easy to follow guide of Parent Actions to help your child's social and emotional development as they grow.

#5 Help your child stay technology-safe

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barnardos.ie/parents



Parenting babies to adults



5-Stage Development Guide

Parent Action #5 - Help your child stay technology-safe

How to support your child's social & emotional well being



5-Stage Guide

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#5 Help your child stay technology-safe

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This Parent Action leaflet is 1 of 6. Try the other leaflets too.

Parent Action

- # 1 Spend time with your child
- # 2 Help your child to understand and express their feelings
- # 3 Help your child adapt to changes
- # 4 Help yourself to help you as a parent
- # 5 Help your child stay technology safe
- # 6 Help your child celebrate difference so that everyone belongs

Birth-5 Years



- ◆ Monitor your own phone/screen use - you are their role model.
- ◆ Experts advise no technology for this age group, particularly under 3. Children need interaction with people to grow and develop, and technology is typically not interactive.
- ◆ If you have to use it, minimise it to as little as you can manage.
- ◆ Be aware of how much and when you use it - be careful to not let it creep up to a lot of use.
- ◆ If using it as a learning tool, do it together to interact with your child.
- ◆ If using technology for distraction, explore different ways e.g. colouring books, sticker books, squeaky toys, etc.

- ◆ Model positive use of your own technology from this early age e.g. not checking your own phone during meals etc.
- ◆ Don't let screens replace typical face-to-face time with your child e.g. at breast/bottle feeding time, at nappy changing time - keep these times face-to-face.
- ◆ Be cautious of your child's images on social media - think about their privacy when they are older, and be wary of children learning to link "likes" with their self-esteem. Celebrate their achievements face-to-face.

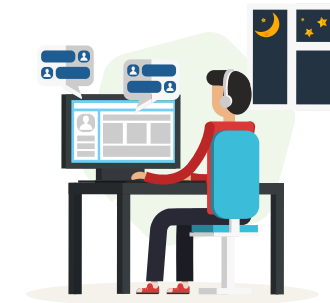
6-10 Years



- ◆ Monitor your own phone/screen use - you are their role model.
- ◆ Phones are not recommended for this age group. If you have to, then get one without internet.
- ◆ Know what your child is doing online - have conversations about it.
- ◆ Try the games, social media, websites and apps your child is using so that you know what it's about.
- ◆ Make yourself aware of risks online - www.webwise.ie - this website makes it easier to understand.
- ◆ Let your child know that it is ok to come to you about anything they may have seen online which has made them uncomfortable or curious. React with a curious interest to find out more, rather than a scolding tone which could close it down.
- ◆ Decide your time limits for devices and stick to it.
- ◆ Agree with your child how they should behave online e.g.:
 - Who they can interact

- with online
- Not sharing images
- Not making negative comments
- Not giving identifying information
- ◆ Things to watch out for are: - your child having online friends not known to them in person; people not known to them asking to connect; friends asking for images.
- ◆ Agree times when screens are not allowed e.g. dinner time, bedtime, homework time.
- ◆ Make all bedrooms technology free zones - including your own, to model positive technology use.
- ◆ Be cautious of your child's images on social media - think about their privacy when they are older, and be wary of children learning to want/need "likes" for good self-esteem. Celebrate their achievements face-to-face.

11-15 Years



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16-18
Years



Young people do as you do - use language that is positive and respectful of others.

Be ok with difference:

- Help them to learn how to support those who struggle to fit in
- Help your child learn respectful words to describe those who are different
- Challenge negative put-downs openly

Have their back:

- Be aware if they are feeling excluded
- Respond positively to their uniqueness, and get the support you might need to help them be themselves.

19-24
Years



Young adults want to belong.

Be ok with difference:

- Encourage respectful words to describe those who are different
- Challenge negative put-downs openly

Have their back:

- Be aware if they are feeling excluded
- Respond positively to their uniqueness, and get the support you might need to help them be themselves.

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#6

Help your child celebrate difference so that everyone belongs

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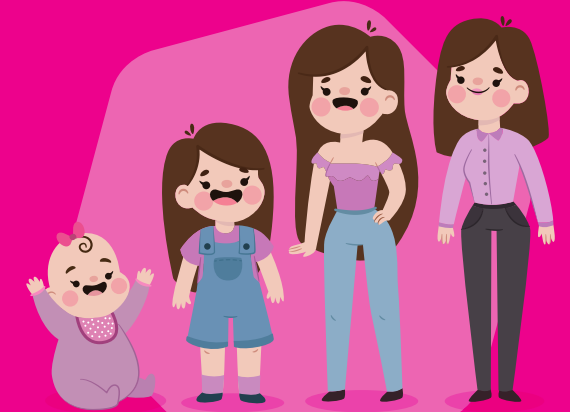
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Parenting babies to adults



5-Stage Development Guide

Parent Action #6 - Help your child celebrate difference so that everyone belongs

How to support your child's social & emotional well being



5-Stage Guide

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Help your child celebrate difference so that everyone belongs

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Birth-5 Years



Children are curious and non-judgemental. Be prepared for questions. Answer them factually and honestly. Learn from your child about being non-judgemental.

Children do as you do – use language that is positive and respectful of others.

Celebrate difference and individuality:

- help your child love their own uniqueness and love the uniqueness in others.

6-10 Years



Children do as you do – use language that is positive and respectful of others.

Be ok with difference:

- Help them to learn how to support those who struggle to fit in
- Help your child learn respectful words to describe those who are different
- Challenge negative put-downs openly with your child

Have their back:

- Be aware if your child is feeling excluded
- Respond positively to their uniqueness, and get the support you might need to help them be themselves.

11-15 Years



Young people do as you do – use language that is positive and respectful of others.

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