



Run by and for LGBT+ parents/carers, their children and those considering parenthood living in Greater Manchester.

# Top tips from the parenting your 5-9 year old session.

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# Top tips for 'time in':

## What is time in?

Time in is good quality time with your child playing and having fun without the distraction of phones, televisions or iPad's.

## How long does time in need to be?

Try to aim for 10 – 15 minutes per day

## My child won't play with me what can I do?

Start playing by yourself and see if they join you.

You could also try sitting silently on the floor and watching them play, they may invite you to join them.

## How do I play?

Follow their lead and their rules. Keep it positive and fun. Try to avoid questions (this distracts their play) and criticising.

## My child enjoyed the play but they don't want it to end, what can I do?

Always give a warning before the play comes to an end and tell them when you will play again.

# Top tips for 'praise':

- Praise effort not just perfection - Praise the process.
- Catch children being good.
- Be positive.
- Give specific and labelled praise.
- Praise for being and doing at least once a day.
- Be enthusiastic – change the pitch of your voice this will engage them.
- Be genuine.
- Praise immediately – within 5 seconds.
- Add a hug or a kiss or touch to reinforce the praise.
- Praise children by telling other family members how good they were at something.
- Model accepting praise.

# Rules of praise:

- Praise effort not just perfection - Praise the process.
- Catch children being good.
- Be positive.
- Give specific and labelled praise – At least once a day praise for being and praise for doing.
- Be enthusiastic – change the pitch of you voice this will engage them.
- Be genuine.
- Praise immediately – within 5 seconds.
- Add a hug or a kiss or touch to reinforce the praise.
- Avoid the sting in the tail and criticism.
- Praise children by telling other family members how good they were at something.
- Model accepting praise.

# The rules for using choices and consequences:

- Be clear and specific about the positive and negative choice.
- Choose consequences that means something to the child. I used the example of the iPad – this has to mean something to that child.
- Use a calm & clear voice and use your hands to engage the child.
- Only give a choice if it's the right situation – not on the school run when you are time limited.
- Be sure you are happy with the 2 choices you have given.
- Give your child time to reflect.

# An example of choices and consequences:

"You have a choice you can either do your homework now or you can do it later.

If you choose to do it now you will have some time to go on the iPad before bedtime.

If you choose to do your homework later you will need to get ready for bed when you have finished your homework.

It's up to you, it's YOUR CHOICE."

# Top tips for helping children deal with difficult feelings are:

- Be calm before you try to support your child with a difficult emotion.
- Label the feeling you think they are feeling – starting with - 'You look upset' or 'You seem upset'. We are not saying you are upset we are guessing the emotion.
- Listen to your child's feeling – try not to FIX their problem or the emotion.
- Suggest to your child a way of processing the emotion. For example: 'Would you like 10 minutes in the garden?'
- When they return things get back to normal quickly.

# Top tips for a kindness chart:

- Notice kind behaviour.
- Use a chart to give the behaviour attention.
- When it's complete do a low cost whole family reward.