



How Do You Support Young Children?

As parents we are our children's very earliest teacher - a very important role - so we need to model for our children the kinds of behaviours that we wish them to follow. Creating a relationship based on respect for each other, appreciating them as they are and encouraging them towards responsibility and independence are important goals for parents in nurturing their young child.

Here are 7 coaching questions to help you be an inspiring first teacher for your child and to have a loving and close relationship with them:

1. How do you show your child respect? E.g. give them lots of cuddles and time.
2. How do you listen to your child? E.g. get down to their eye level and really listen to what they are saying. Listen with your lips shut as well as with your heart (as Salurri our book character says!)
3. How can you show you understand things from their perspective? E.g. talk about their feelings.
4. How do you show your child you appreciate what they can do? E.g. praise them using descriptive language: "I like the green zigzagging design in your painting."
5. How do you let them have a go as they try new things? E.g. try to allow extra time so they can have a go without feeling pressured.
6. How do you encourage their responsibility? E.g. allow them to do some little jobs like helping put toys away.
7. How much choice do you offer your child? E.g. instead of just giving them something to eat can you offer a choice of 2 things from which they can choose? This helps your child's decision making.

When you parent your little one keeping these 7 questions in mind, you will be treating them with respect and truly understanding situations from their point of view. Most importantly, you will be building a wonderful close connection, while encouraging them to grow and develop to their full potential.

If you would like to know more about parenting young children you may wish to come along to our **Need2Connect** workshop "Connect in The Early Years" or our 4 week course "Parent as Earliest Teacher."