

## Ergänzende Fragen und Tipps



### Bringing up children is not easy. What worries you?

We can not protect our children from everything the world throws at them. A lot of the time we have to trust them. The most important protection we can give them is to teach our children how to deal with these dangers.



### Children challenge us at every turn

It is hard to stay calm when our child is angry. However a child's anger is usually short lived. It can be helpful for us to take deep breaths or leave the room for a short time to stop ourselves exploding!



### What punishments really work?

Children should learn that unacceptable behaviour can lead to consequences. Consequences should not punish or humiliate the child but teach them that certain actions can not be tolerated.

A good example is: „If you don't come home at the time we agreed, then you will not be allowed to go next time”



### „Let me do that for you!”

Children should be given the chance to do certain things for themselves. This will give them a sense of pride in achieving something alone, in addition to building self-confidence. If we do things for our children that they are able to do themselves then we could hinder their development.



### Doing things together

Doing things together with our children helps to build a strong family and can provide strength and support in difficult times.



### Everyone is different

Every child is unique. Each develops at their own pace and has their own characteristics and talents, but also their own individual weaknesses and challenges.

Making comparisons with other children can only discourage your child and sour your relationship.



### When is it OK for your child to tell you „NO”?

Being able to say no is important particularly when thinking about your own needs (for example “No, I want to be on my own”).

The family environment is the best place to learn this.



### Laughter is the best medicine

Research shows that children laugh out loud about 400 times a day, adults only 15 times!

Let's take a lead from our children! Maybe, watching a funny film together might help.

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### Help!

No one should have to do everything alone. Fathers, grandparents, other relations and „babysitters“ can help with looking after and bringing up children.



### A clear „NO“ is often the best thing

It is in the best interest of the child and their development to just say „No“. We will, at times, need to protect them from danger, enforce rules on such things as TV viewing, bedtime, or over the top demands.



### It's good to be interested

Simply by being genuinely interested in how our child is feeling, what they like and what they think about something shows them that we care.



### I love you just the way you are!

It is perfectly normal from time to time to dislike certain mannerisms our children have, but, nevertheless, we love our children. A child that feels accepted by their parents can accept who they are.



### Looking after a baby is hard work

Babies need a lot of care and attention. It is a good idea to get other members of the family to share the workload.



### If at first you don't succeed...

Trying and failing, making mistakes is part of life. Children should be allowed to be children.



### „It's mine not yours, give it to me“

The ability to resolve conflicts is an important skill. Give your children the chance to learn it. If they need help, give them the advice they need to solve the issue.



### Children can be consulted

As parents, we are responsible for our family. However, depending on the age of the child, they should be included in decisions that effect them.