7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

1. Give the gift of restraint
   At a time when kids receive so much it’s easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn’t mean you should. Differentiate between what a want and need, and encourage restraint, goal setting and saving.

2. Build your developmental knowledge
   Lucky you have two eyes, as you need to keep one parenting eye on meeting kids’ current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

3. Reinforce self-regulation
   “You waited your turn! Great stuff!”
   “Thanks for packing away the toys without being told.” “Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up.”
   A child’s ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn’t come naturally to all kids. That’s where consistent parenting using visual management and behavioural consequences comes in.

4. Practise digital parenting
   The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it’s here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

5. Develop character strengths in kids
   Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person’s life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

6. Practise reciprocity
   The best families, like the most meaningful communities, are built around the principle of reciprocity. “We help each other out and we treat each other fairly” builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

7. Encourage social risktaking
   One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it’s not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk taking yourself to encourage kids to continually refresh their social networks.


parentingideas.com.au
How many metafit- ters can you fit on a basketball court?

Well, come along on Saturday March 28th 9:00AM and help us find out!

Help us fill our Basketball Courts with metafitters in support of Special Olympics Tasmania.

6211 8266 for more information.
ANZAC DAY
Saturday 25th April 2015
THE CENTENARY OF THE GALLIPOLI LANDINGS

KINGSTON BEACH
6.00am
DAWN SERVICE
Kingston Beach foreshore

The public is encouraged to have breakfast after the Service at local food outlets.
This will be the only ANZAC DAY Service in Kingston. Metro buses will be available for
those who wish to attend the Hobart ANZAC
Day March.
This plan has been approved by the
Kingborough Council and Tasmania Police.
Please arrive in plenty of time for the Dawn Service.

PARKING
Approx. 300 car parking spaces are available on
Kingston Beach, when this is full, traffic
will be re-directed to Kingston CBD car parks.
Approx. 2,000 car parking spaces are available in
and around Kingston CBD.

DISABLED ACCESS
Arrangements will be made for disabled parking.
Elderly persons without transport should contact
Mr. George Hoppe of Glenorchy’s MIRE 10 who
may be able to assist. Call 6229 7888.

ROAD CLOSURES
Roads will be closed from 4.00am as shown on
the map, until approximately 8.00am.
Traffic Controllers will be stationed at locations
indicated. Car parking passes will be issued to
essential staff of businesses on the beach.
Blackmans Bay residents are encouraged not
to use Roslyn Avenue, but use Auburn Rd or
other alternate routes to access CBD parking.
Beach residents who need to use their cars will
not be limited.

SHUTTLE-BUS ARRANGEMENTS
Ten free shuttle buses will operate continuously
between 4.30am and 6.01am between the
Metro bus stops on both sides of the road in
the Kingston CBD, and the Kingston Beach Dawn
Service venue. Three shuttle buses will
be available from 7.30 to 9.30am for people who
wish to return to their cars by that means.