



Keeping your child safe

It's a big world out there and as your child gets older, you hold their hand less and less as they navigate through it. The best way to protect your child from risk factors is to maintain a close relationship with them and to let them know that they are heard and you take them seriously.

How can parents help?

Eat dinner together as often as you can and have regular one-on-one unstructured time with them. Teach them to trust their instincts and to stand up for themselves: it is OK for them to question, disobey and even run away from behaviours that make them feel very uncomfortable. Empower your child to make their own decisions and help them develop good judgement. Finally, talk to your child and reflect on questions together such as- "what do you worry about the most?", "what does being brave mean?" and "if you got into really big trouble, how do you think I would respond?". And listen more than you talk!

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolsounsellingpartnership.co.uk