

The Little Parent Handbook

ISBN: 978-1-84220-135-0

This little book explains some important parenting skills or tools that support positive parent/child relationships. Many of them are common sense and are what most parents do most of the time without realising it. But for parents with children that have particular challenges these ideas have been used in many programmes to support parents and help children. Chapter 1 looks at how to build a strong relationship with children. Chapter 2 describes how to encourage behaviour we want to see more of in our children through praise and small rewards. Chapter 3 describes ways of giving instructions that will make it more likely that children will follow them. Chapter 4 explains how ignoring some unwanted behaviours can be helpful and Chapter 5 describes some ways of managing problem behaviour. The first version of this book was written over 25 years ago to help parents of children with challenging behaviour but the ideas come from many years of research that help us to know what parents can do to support good parent-child relationships and result in happy and confident children.

The ideas are helpful to any parent, including those of children with diagnosed developmental difficulties, who can also have challenging behaviour and/or other difficulties that are not a direct consequence of their condition.

The booklet is dedicated to Mary Last. Mary was head of the Child Clinical Psychology Service in North West Wales for many years and helped with the development of the parenting programme at the Gwynedd Child and Family Research Centre in the 1990s. Mary supported many children and families during her career. She died in 1998 and is still missed.

The little unremembered acts of kindness and love are the best parts of a person's life
- William Wordsworth

Copies of this book are available from:
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