

Consistent Parenting

Many Parents/Carers agree that being consistent is one of the hardest things, this may be the case as rules you have in place when you're tired or in a rush may not follow through. Being consistent is one of the main requirements for your children to learn how to predict things as they begin to understand how you react to their behaviours.

What can you do to become more consistent?

Create a routine to follow each day- You can use visuals to support your child, speak to me if you think this may support your family and together we can work out a way which you feel would work best

Set clear expectations- if you only allow one-hour screen time, try to keep this the same every day to prevent your child pushing boundaries.

Keep going! – When making a change to your parenting or routine, try to stick with it as at first it will be difficult and when you don't see a change immediately it is easy to go back to how it was originally. We are here to listen, if you are facing any challenges at home or relating to Nursery please speak to us and we can support you through this too.

Reflect on your decisions- some times we as adults can have high expectations but your child may not be at that level to understand and scaling back may help. Looking at the bigger picture to see what will be a better outcome.

Praising your child's good behaviours- try to highlight all the positive parts of your day e.g. "Well done for putting your shoes on by yourself" (even if this may be on the wrong feet) they will gain a boost from the task they have completed independently.

Talk to your child's Carers- Discuss with your child's Carers to ensure you agree on the same parenting rules, this could be family and friends that look after them too so your child is hearing the same from all the special people in their lives.

Giving choices is giving power- allowing the independence of choosing their own clothes for the day or what park you may visit.

Handle adjustments- some times our routines may have to slightly adapt as your child develops, the same routine isn't flowing so trying a new technique may help

Keep communicating- communicating what is happening now and next allows your child to begin to prepare for the next part of their day.

Additional Information

We understand that consistency takes time, energy and dedication, it is okay if you occasionally let things slide. If you feel you may need support with consistency please talk to us as we may be able to help your current situation, this could include parenting programs, classes, support groups and other professionals.

Please do not hesitate to be in contact me either by email-
cbrown@norcot.reading.sch.uk or phone- 07483368773