

# Positive parenting



## Top tips

(suitable from 8-18)

Positive parenting (or authoritative) is a style of parenting that encourages parents to focus on the positive – what your child is doing right and their strengths. It is based on warm, respectful and positive behaviours. Children should experience loving relationships with their parents alongside age-appropriate supervision, structure and boundaries, which allows them the chance to thrive and lead happy and healthy childhoods.

- Give genuine praise for positive (good) behaviour.
- Have clear family rules suitable for your child or teenager's age and ability.
- Try and think of what's going on under the surface – is your child or teenager Hungry, Angry, Lonely or Tired (HALT)?
- Develop a routine that works for your family.
- Model the behaviour you want to see - a child or teenager won't understand that hitting or shouting is not allowed if that is what they see adults do.



**And remember you are doing the best you can.**




Magu plant.  
Rhowch amser iddo.

Parenting.  
Give it time.



For more information and advice on parenting, visit:

 [gov.wales/giveittime](https://gov.wales/giveittime)

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