



Llywodraeth Cymru  
Welsh Government



**Top tips**

**for parents of 8 - 12 year olds**



Magu plant.  
Rhowch amser iddo.

Parenting.  
Give it time.



This advice promotes positive parenting- a parenting style that focuses on what your child is doing right and their strengths. All children need boundaries and discipline. Positive parenting is based on creating this with warmth and respect between parent and child.

The transition from a young child to a teenager comes with ups and downs for you and your child as they become independent. No matter what their age, they may need help and support to make the right choices in their life.



## 1. Show them you love them

At this age, your child might like to think they're all grown up, but they really do still want and need you to show them you love them. Like adults, children are more likely to respond better to people they have a strong connection with. It also gives them a sense of security and helps build their self-worth.

## 2. Positive praise

Your child is going through big changes, they may seem to act very grown up one moment and then very immature the next. Even as they get older, children respond well to praise, and it builds their self-esteem. Praise what is going well and when it isn't, forgive their mistakes and move on. Also praise them for just being themselves, however little it is.



## Boundaries

3. Set appropriate boundaries and give clear instructions. Talk to them about what you expect from them and explain why they need to stick to the family rules. It will help them think through what to do in situations when you're not around.

## Pick your battles

4. Prioritise the most important issues and handle them one at a time. Try to give appropriate consequences for unacceptable behaviour and make sure you follow through.



## Keep communicating

5. Always show you're ready to listen, especially when you think they may have something they want to talk about. They will start developing their own opinions and it is good to discuss these and be respectful (even if you may not necessarily agree). You'll stay connected by sharing stories and experiences.



## 6. Online safety

Teach your child about the dangers of the internet and help them to understand how they can use it safely. Learn about the apps they use and how you can make them as safe as possible.



## 7. Screentime

If you're concerned too much screentime is affecting your child, stay positive about reducing it by showing them you're not taking something away - you're changing it for something better. It may also help to create technology free zones, like at the dinner table for example. It's always good to avoid screens an hour before bed to help children get a better night's sleep.

## 8. Routines

Routines are important to a child at this age- find what works for your own family. Even simple routines can make a big difference as everyone feels more prepared and less stressed. They also help children develop a sense of responsibility which helps them later in life. It might take a while to get used to something new but be consistent and you'll begin to reap the benefits.



## 9. You are the role model

Parents are the most influential people in a child's life, so don't just tell them to do things, lead by example. This will strengthen their understanding of appropriate behaviour. Control your own impulsive reactions to help you develop better judgement and patience. In turn, this will give you more status and influence as a parent.



## 10. Remember they want and need your help

As they become more and more independent, it's easy to forget that your child still needs you to help them think things through and make the right decisions.

**Do not smack or physically punish your child. This is illegal in Wales.**

**Always look after your own physical and mental wellbeing as you will not be able to support your child's needs if you are not taking care of your own.**



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