

STEDDEAR COLLEGE

Supportive Parenting: A Resource Guide for Navigating Growth and Challenges

We would like to share a comprehensive resource that can assist parents in fostering positive development and relationships with their children at every stage—from infancy through the teen years.

Explore Resources by Age Group:

- **Infants (0-1):** Understand the rapid developmental milestones of infancy and how you can support your baby's growth.
- **Toddlers (1-2) & (2-3):** Gain insights into the toddler years, focusing on emotional, social, and physical development, and strategies for positive discipline and learning through play.
- **Preschoolers (3-5):** Prepare your child for the transition to school with resources on fostering independence, curiosity, and readiness for learning.
- **Middle Childhood (6-8) & (9-11):** Support your child through the early school years with tips on building self-esteem, encouraging healthy habits, and navigating social dynamics.
- **Young Teens (12-14) & Teenagers (15-17):** Tackle the challenges of adolescence with guidance on communication, setting boundaries, and encouraging responsible decision-making.

Empowering Growth and Independence

These resources offer parents valuable insights into the various developmental milestones their children will encounter.

Practical Parenting Tips

Providing actionable advice to help parents maintain open communication, actively engage in their teen's life, encourage independence, and navigate safety and well-being concerns. This includes:

- **Open Communication:** Address sensitive topics honestly, respect your teen's opinions, and ensure they feel heard.
- **Active Involvement:** Show interest in their school life and friendships, helping to guide them through social and academic environments.
- **Encouraging a Healthy Lifestyle:** Motivate your teen to stay active, share family meals, and balance screen time with other activities.

Safety First

In these resources, parents will also find essential safety tips, such as the importance of seatbelts and helmets and the need for open discussions about the risks of drugs, alcohol, and unsafe sexual behaviour.

Supporting Parents in Challenging Conversations

Additionally, the guide includes advice on how to approach difficult conversations with fellow adults about child welfare, from when and how to initiate discussions to effectively communicating concerns and providing follow-up support.

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>