



1. Try and stay in a routine.
2. Plan activities for yourself and for the children – Look at Hobbycraft for craft ideas, go for a walk, plan a long term project, read, listen to music.
3. Try and look for the positives rather than the negatives in your children – praise as much as possible even if the praise is given to your child for getting out of bed – there are always positives to be found.
4. Look after your health and wellbeing – for parents you can access QUELL, Mind and Derbyshire Federation for Mental Health (all can be found online). For young people and children they can access KOOTH and Relate SafeSpeak (can also be found online).
5. Keep in contact with the people around you, via phone calls and other electronic means, including friends and school.
6. If your child is out of their bedtime routine help them get back into it by turning the internet off, removing cables from xBox/TV and try waking your child up an hour earlier every week until they are back in their routine. For example if your child is waking at 1pm – wake them at 12pm and then make this earlier each week.
7. Do as you say – if you tell your child you are turning the internet off at 10pm make sure you do it.
8. Be consistent with your parenting approach – be clear on your expectations.
9. Be mindful of your mood – if you are having a bad day it may change how you behave which then may impact your child.
10. Consider what behaviours you can ignore – it is essential that you only ignore behaviours if you are sure that your child will not come to harm by ignoring them.

If you are concerned about the safety of a child then please call Starting Point on 01629 533190