



Parent Pages

September 2026

Welcome back to the latest edition of **Parent Pages**, and the first one of this academic year! I hope you all had a wonderful summer break and are as keen to get back into some normality of routine, as I am! This edition focuses on 'The Power of Positive Parenting'.

We often hear terms such as 'gentle parenting' and I'm often asked what that really means. Parents often think this means letting your child do whatever they want or always speaking in a soft, gentle tone. This is 'permissive parenting', a whole different kettle of fish (covered in more detail below). We need to parent with clear and consistent boundaries, occasionally with discipline or consequences, but ultimately not giving your child everything they want because they get upset. They will often get upset when told no and this can be hard to hear but we need to learn how we manage our own feelings in that moment and get comfortable with it. It is ok for your children to feel sad/angry (and very normal!). Particularly when we say "no" to them. They will continue to push boundaries with us, it's part of growing up and if they learn when they get upset they get what they want, they will keep trying!

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Best wishes,
Katie Kirby,
Family Support Worker



Parent Focus ~ The Power of Positive Parenting



Positive parenting isn't about being the perfect parent, never saying 'no' or being positive ALL the time. It's about building strong relationships, setting clear age appropriate expectations and helping your children develop physical and emotional skills they need to succeed throughout their lives. We often hear different parenting types and labels batted around and it's easy to get confused. The term 'gentle parenting' that a lot of parents try to aim for often gets a bad rep and misunderstood as parenting with no boundaries. Whilst gentle parenting values empathy, respect and connection. It encourages parents to understand the reasons behind behaviour and responding calmly and respectfully. It is not always saying 'yes' to your child, avoiding consequences or having a lack of boundaries. That is 'permissive parenting'. Permissive parents may; avoid saying no, give in to stop upset or conflict and/or find it difficult to enforce rules consistently.

While this often comes from a place of love, children can become confused about expectations and may struggle with self-control, resilience and respecting boundaries and ultimately this may lead to challenging behaviour which then becomes difficult to manage. If you found you have fallen into the trap of permissive parenting, you may get to breaking point and then try to over correct the behaviour when you are in a state of dysregulation yourself. You may find you go straight to a consequence that you then later end up regretting without prior warning. Such as 'that's it you are no longer having a birthday party!' when you have already sent the invites and paid for it all, with no real intention of cancelling the whole thing and losing the money. You may then find yourself going back on this 'threat' and your child learns that ultimately there is no consequence for their actions. Alternatively, you may find yourself lashing out in anger, your child then tells someone else, who has a duty of care to report it as sadly we never know what goes on behind closed doors). You may find this then escalates all because of a moment of frustration and desperation that has been building over time. Positive parenting may help because; it helps to build a warm, secure relationship with your child. It encourages good behaviour through praise and positive attention, sets clear and consistent boundaries and helps children understand and manage their emotions. Additionally, it uses teaching methods, rather than punishing, when mistakes happen. Children feel safe when they have clear expectations and boundaries. Being firm doesn't mean being unkind or 'strict'. You can be both compassionate and consistent. Parents who use the positive parenting method may; **listen** to their child's feelings, remain **calm** (not every time, we are human after all! The important thing to note is to recover from and address it). Set **consistent expectations**, follow through with fair (and appropriate) **consequences**, and **teach** children how to make **better choices** next time. For example they might say: "I know you're upset because it's time to leave the park. It's okay to feel disappointed, but it's time to go now. Would you like to hop or skip to the car?"

If you want to start using the 'positive parenting' method, start by using the tips below:

- Praise the behaviour you want to see - 'thank you for laying the table', or 'well done, you worked really hard on your home learning'.
- Connection before correction - do not try to correct your child when they are in a state of **dysregulation** as they will not be able to pay attention (for the science, click [here](#) for information on The Window of Tolerance) and will therefore not listen. Try to discuss the unwanted behaviour once your child has calmed down.
- Stick to clear and consistent routines - for example **have the same bedtime routine every night**. Tidy away one activity before starting the next.
- Stay calm - you are **role modelling** to your child, they learn emotional regulation from the adults around them. If you can try and remain calm not only will this deescalate the situation it teaches your child a valuable life skill.
- Let children experience **appropriate consequences** - if a drink is spilled, your child helps to clear it up. If home learning is not completed on time they may have to complete it at school. All these teach valuable lessons and mean your child is less likely will repeat the behaviour again.

We don't get it right all the time. Every family has difficult days, and every child tests boundaries throughout their childhood.

If you find you are struggling with your child's behaviour and are stuck in pattern of repeated behaviour you aren't sure how to get out of, either click if you would like more tips on 'Positive Parenting' click [here](#) for advice from NSPCC or feel free to contact me. We can chat over the phone, or you are welcome to pop in and have a chat and we can discuss strategies to support you. It's never too late to change your parenting style or strengthen your relationship with your child. Positive parenting isn't about getting everything right all the time, it's about creating a loving relationship where children feel safe, valued and supported whilst learning responsibility and resilience.

Mrs Katie Kirby - Family Support Worker

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Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information.



Yateley Industries
01253 448 1033

FREE INFO SESSION
OPEN TO ALL MEMBERS OF OUR COMMUNITY

NO BOOKING REQUIRED

Wednesday 30 September • 11am to 1pm
Yateley Industries, Mill Lane

Bringing local people together to access free advice, support and guidance from a range of community organisations.

Quick reference family support & helplines....

Useful websites...

If you find yourself needing support click the links below for information you may find useful:

⇒ [Peaceful Parent Happy Kids](#)

⇒ [Parenting Science](#)

⇒ [Roots of Action](#)

Helpline... Scope

SCOPE

The helpline provides free, independent, and impartial advice and support on issues that matter to disabled people and their families, from benefits and finances to equipment, housing and adaptations. Calls are free from UK landlines and mobiles. Call on: **0808 800 3333**
Opening times are: Monday to Saturday 10am to 5pm.
Open most bank holidays. Alternatively visit their website:

Scope.org.uk

App Recommendation of the Month... The Happy Child

Click [here](#) for the IOS version



Click [here](#) for the Android version

The Happy Child App gives you access to research and tips that will help you raise a happy, well adjusted child. Years of research and findings have been curated into one easy to use app with no in app purchases.

With daily lessons to help you manage parental information overload by giving you science based ways to increase the long term happiness of your child. These short, easy to understand lessons can be implemented immediately to improve your family life no matter the age of your children.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests.