

Parent/Carer Zone: 5+ Years

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See also Things to do at Home: 5-7 years	
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Actions

- [Print](#)
- [Add to My List](#)

Downloads

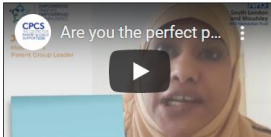
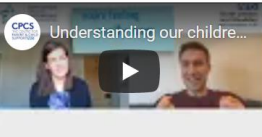
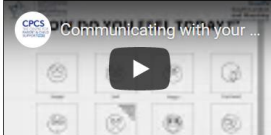
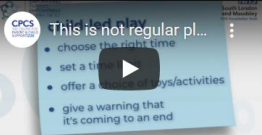
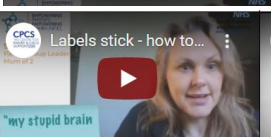
- [Brain development - Selfbuild Approach](#)
- [Recording teenagers - Selfbuild Approach](#)
- [Teenagers and risk taking - Selfbuild Approach](#)

Family Support

Here you can find some useful sources of support on a range of subjects:

Parenting

Being a Parent Programme: A series of short videos from The Centre for Parent and Child Support NHS with strategies to help make family life less stressful

 Are you the perfect parent?	 Looking after yourself IS looking after your children!	 Understanding our children. Parenting strategies that help reduce tantrums and raise happy children
 Communicating with your child in a way that helps them LISTEN better and TALK more	 It's PLAYTIME! How to play with your child to help their development.	 This is not regular play, this is CHILD-LED PLAY - play to help child development
 Labels stick - how to talk with your child to increase their self-esteem and confidence	 Tips to change your child's behaviour that actually work!	 Your child's behaviour is a way for them to communicate with you. Learn what their behaviour means
 Your Discipline Toolkit part 1	 Your Discipline Toolkit part 2	 Your Discipline Toolkit part 3
 Listening part 1 - Communication	 Listening part 2 - Getting children to open up	 Listening part 3 - Reflective listening