

Andy Cope's Top Ten Parenting Tips!

Positive Communication – You shouldn't be too positive or too negative with children. An approximate ratio is 6:1. For every 1 negative comment there should be 6 positives

No Phones At Meal Times – Have a daily family meal time where there is a no phone policy and you all have face to face contact

To Be Lists – Have a 'to be' list not just a 'to do' list. Ask yourself: Who am I being? How could I be the best parent in the world? What would they do?

Praise Effort – It's easy to praise achievements but praise the effort behind the achievements and how they got there

Don't Pay Children for Results – Don't promise your children money based on passing exams. Again, reward the effort and being proud of the effort. Reward with family days out or time together

Utility Saving! – Show your children the utility bills and how much things cost. Explain how costs can be reduced and the savings are theirs!

Celebrate Strengths – Pick up on what your children are doing well and focus your praise on this. Don't ignore what they need to work on but praise the strengths

The Four Minute Rule – Emotions are contagious, within the first 4 minutes of interacting with anyone you can influence their mood and emotions. When you get up in the morning or in from work, think about how you are coming across. Ask your children "was your day good, amazing or fantastic? What was your highlight?"

Chatter – Language and talking is vital within the family. Spend time listening / responding and using language well with your children

Hugging – It takes 7 seconds to transfer love via hug. Hug your children for 7 seconds (without counting out loud!)

