



Parenting Tips from Evidence-Based Programs

Professor Daryl Higgins

FIVE TIPS YOU MIGHT LIKE TO TRY

Here are 5 tips drawn from evidence-based parenting programs:

TIP 1: Work towards emotionally intelligent parenting. Recognise your own emotional state first. Then, you can begin to help your child deal with all of their big feelings and strong emotions.

TIP 2: Learn some skills to manage your own emotions as a parent (like breathing techniques or mindfulness) that you can teach to your children. This skill is called self regulation. It is a lifelong skill we all must learn! For young children we call this idea, co-regulation, as you both work together to become calm.

TIP 3: Use a new lens. See the 'challenging behaviours' from children not as a deliberate choice to be 'naughty' but as a signal to you that they need you to help them learn how to regulate their emotions.

TIP 4: Try to be a role model. Parents can be frustrated by rigid or annoying behaviour of children. But it can help to ask yourself: Have they learned that from me? What can I do to be a better role model?

TIP 5: Focus on the positives. Set clear expectations. Notice, praise, and reward these positives. Flip your instructions: Say 'walk', instead of 'don't run'. Try 'let's all use our quiet voices' rather than yelling 'can everyone stop screaming?'

These seemingly simple ideas can help to diffuse anger and difficult family situations and give everyone a chance to learn how to cope with life's big feelings!

For more ideas and practical tips to support you and your family during this time, check out the websites of leading mental health organisations and parenting experts:

[Triple P Positive Parenting Program](#)

[Tuning in to Kids](#)

[Parents Under Pressure Program](#)

[The Incredible Years Training Series](#)

[Parent Child Interaction Therapy](#)

[Raising Children Network](#)

[Happy Families](#)

[Parentline](#)

[What Were We Thinking?](#)

Please let us know if this resource has helped you to be a lighthouse for your child or if you have any ideas for improvement email: ICPS@acu.edu.au

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