

PARENTING IS A DAILY BALANCING ACT

Meet Our Family Champions



Amarjit
Triple P
Paths



Claire
Child Smile
Families
Connect



Sharon
East
Dunbartonshire
Family Support
worker



Fiona
Triple P



Michelle
Families
Connect

LET US HELP REDUCE THE LOAD

OUTSIDE THE HOME

Going shopping with your child
Having visitors
Visiting friends and family
Refusing to leave somewhere

BEHAVIOURS

Does not listen
Won't do as they are told
Hurting others – biting, hitting
Fighting with siblings
Damaging items
Talking back
Whine

BEDTIME

Won't stay in bed
Wakes during the night
Takes ages to get to sleep
Nightmares or Terrors
Bed sharing

TOILET TRAINING

Is your child showing readiness?
How to introduce the process
Regression in toileting

MEALTIMES

Refusing to sit at the table
Not using cutlery
Getting up and down from table
Refusing to try new foods
Having to make multiple meals

For suggestions and tips

Please contact

Sharon Mitchell

EDC Supporting Families Worker

07769848684

Or

Auchinairn EYC

0141 955 2289

For further information