

Being a parent

Being a parent is a big challenge for anyone and although it's mostly rewarding, parenting can be difficult and demanding. Even though you may shower your child with love and affection, you may still feel unsure of yourself and question your parenting skills.

People are just too different so there really is no one "best way" to bring up children. However, everyone loves to be praised and loved so if we give our children encouragement and love and we define and reinforce clear boundaries in respect of acceptable behaviour, they will grow up healthy and happy. If you are interested in attending a parenting workshop hosted by Childline you can write to us at traininggauteng@childline.org.za.

Struggling with your child's behavior?

If you are finding that your child is aggressive, uncontrollable and generally difficult, we would strongly suggest that you consider whether there might be a reason for this behavior before dismissing your child as being difficult or simply putting it down to puberty as children's play and behavior are their most important forms of communication.

Children are under enormous pressure, trying to cope with school work, making decisions about themselves in the face of building peer pressure, living in a society where HIV is prevalent and frightening, having to cope with grief and worry that far precedes their years, not to mention the sad and unjust reality of abuse that is commonplace for so many.

There could be so many explanations for your child's behavior – we would recommend that you take the time to explore the possible root for their behavior in a loving way that lets your child know that you are interested in their lives and well being.

The Crisis Line is not just for children – you can call us at any time day or night on 08000 55 555.

Your child's sexual development

For certain that you can still remember the awkwardness of your teenage years – having your body transform before your eyes, your hormones running rampant and generally just feeling like a stranger in your own skin! It is such an unfamiliar time and a time that could really be quite scary for your child if they don't have the information that they need to help them understand what they are going through and that they can expect. Now more than ever you need to be making sure that you do your part to keep the lines of communication with your child open.



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Think about what you needed from your parents in terms of information and support, and remember your experiences as a child reaching puberty. Try to empower your children with knowledge about sex and sexuality that will guide them towards forming positive, nurturing relationships, and making positive choices for themselves and their future.

Your child will begin making decisions about whether they will be sexually involved and it is so important that you do your part to not give them any reason to think that this is where their sense of worth will come from. It is important to always affirm your child for all the strengths and qualities that you see in them – that they will know that they are wonderful and interesting young people and do not need to give in to a boyfriend or girlfriend who is pressurizing them into having sex.