**What skills are needed to be a parent**

­

**Note: -**

Be mindful that these conversations may be difficult to talk about let alone understand, move at the child/young person’s pace.

**Guidance: -**

1. Draw an outline of a person on the wallpaper (see example attached).
2. Ask the child what they think makes a good parent, try, and encourage them to come up with some suggestions, providing the opportunity to discuss what was important to them.
3. Ask the child to write all the suggestions on the wallpaper, if this is too difficult for them then you write them down, but you want to maintain their interest and involvement.
4. Attached are some suggestions for those stuck moments, the skills that a parent/carer needs.
5. Now have discussions in general about how parents learn the skills needed to be parents.
* how mum was parented
* Support networks
* Role models
* Questions asked
* Internet
* Personality Professionals (health visitor, doctor, midwife etc.)
* Books
* Friends
1. Show curiosity about how mum or dad learned to parent.

Be mindful that they may be concerned that they may parent like they were parented. If this is the case, complete the ‘buttress’ activities to help them understand the support they are given.

**Resources:**

* Wallpaper
* A variety of pens
* Printer
* Life Story Book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**

**Skills that a parent or carer need to parent**



**Think on their feet**

**Good listener**

**Intuition**

**Unconditional Love**

**Energy**

**Teacher**

**Reciprocal Respect**

**Clear Boundaries**

**Predictable**

**Kind**

**Supportive**

**Warm**

**Practical**

**Confidante**

**Safe**

**Patient**

**Empathetic**

**Firm**

**Friendly**

**Fair**