

Every child is different and they will vary in different needs at different times. However, there are often common challenges that come up with nearly all children. I have compiled a list of articles on some of the most common issues.

They are obviously all external links and so represent the views of the individual writers, but I found they had some useful tips and ideas.

POSITIVE MENTAL HEALTH AND HAPPINESS

- **Preparing your child to start school/nursery**
 - <http://www.preschoolinspirations.com/2014/07/02/preschool-readiness/>

- **Encouraging emotional intelligence/empathy**
 - <http://www.parenting-child-development.com/emotional-intelligence.html>
 - <http://parent4success.com/14-tips-for-helping-children-with-emotional-intelligence/>

- **Encouraging children to talk about their day**
 - <http://www.ahaparenting.com/parenting-tools/communication/foolproof-strategies-talk>
 - <http://www.ahaparenting.com/parenting-tools/communication/family-discussions>
 - <http://www.ahaparenting.com/parenting-tools/communication/brilliant-listener>

- **Getting children to listen**
 - <http://www.ahaparenting.com/parenting-tools/communication/How-get-kid-listen>

- **Having difficult conversations with your child**
 - <http://www.ahaparenting.com/parenting-tools/communication/conversations-kids>

- **Raising self-esteem**
 - <http://www.ahaparenting.com/parenting-tools/emotional-intelligence/self-esteem>
 - http://www.growing-up.com/index.php?option=com_content&task=view&id=278&Itemid=0

DEVELOPING POSITIVE BEHAVIOUR AND ATTITUDES

- **Setting good limits and boundaries with children**
 - <http://www.ahaparenting.com/parenting-tools/positive-discipline/effective-limits>

- **Promoting positive behaviour**
 - http://raisingchildren.net.au/articles/encouraging_good_behaviour.html
 - http://raisingchildren.net.au/articles/behaviour_management_children.html/context/457

- **How to develop creativity**
 - <http://www.ahaparenting.com/parenting-tools/intelligent-creative-child/child-creativity>

- **Friends and siblings**
 - http://raisingchildren.net.au/friends_siblings/toddlers_friends_siblings.html

- **Creating routines**
 - <http://raisingchildren.net.au/articles/routines.html/context/457>
 - <http://raisingchildren.net.au/articles/routines.html/context/457>

- **Using reward charts**
 - http://raisingchildren.net.au/articles/reward_charts.html/context/457

- **Family rules**
 - http://raisingchildren.net.au/articles/family_rules.html/context/459

- **Fussy eating**
 - <http://www.netmums.com/family-food/food-for-kids/dealing-with-fussy-eaters>

- **Good sleep routines**
 - <http://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Routine-and-Teamwork/Bedtime-Routine.aspx>

- <http://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Routine-and-Teamwork/Getting-Toddlers-to-Stay-in-Bed.aspx>
- http://www.sleepcouncil.org.uk/pdf-downloads/the_good_night_guide_for_children.pdf Slightly longer article but some really useful advice and information about the importance of sleep

PLAY AND LEARNING: EASY AND FUN ACTIVITIES WITH CHILDREN

http://raisingchildren.net.au/play_learning/toddlers_play_learning.html

Science - <http://www.sciencekids.co.nz/experiments.html>

Cooking – <http://www.bbcgoodfood.com/howto/guide/fun-baking-projects-kids>

Arts – <http://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids>

Outdoor learning – <http://www.notimeforflashcards.com/2012/03/50-simple-outdoor-activities-for-kids.html>

<http://www.notimeforflashcards.com/2013/04/15-nature-activities-for-kids.html>

For more information on any of these topics, please see Kat in the family centre at Highwood Primary School.