



## Positive Parenting

### POSITIVE PARENTING

Despite the best efforts of parents around the world, the reality is, there is no such thing as the 'perfect parent'. However, arming yourself with the right information is a good start!

Research shows that one of the most important protective factors in the lives of young people is a close relationship with a supportive adult. With the mental health of today's young people being at an all-time low, it is simply not enough to parent effectively. Parents need to familiarise themselves with practical skills, knowledge and strategies when it comes to raising children.

Many parents today are over-protective, resulting in children being less independent, unable to problem-solve or self-regulate. Parents are failing to set clear boundaries, which is, unfortunately, making kids feeling less secure. There is too much pressure on kids today. Parents fill their days with too many activities in an effort to avoid their child's boredom.

In this edition of SchoolTV, parents will learn what is the best approach for primary and secondary school-aged children.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

[Here is the link to the Positive Parenting edition of SchoolTV](#)