

What does fair and firm parenting look like?

- There are a few rules. We explain and discuss them with our children.
- We guide and support our children to keep the family rules.
- We consider the age, stage and temperament of each child.
- There are reasonable and related consequences for breaking the family rules.
- We catch them being good, and tell them what we like and why we like it!



"Keep consequences focused on learning, not punishment."



"Behave the way you want your children to."



What are some of your fair and firm whānau tikanga?

Things to think about

Choosing the fair and firm style

Tamariki are more likely to be confident, motivated, communicative and respectful when parents or caregivers are fair and firm. When parents are busy, tired or feeling stressed it can be hard. But remember it's not your kids' fault if you've had a bad day.

Some ideas:

- Show tamariki what you want them to do, and if you need to, show them again.
- Think about how you learned to do new things. Not many of us get it right the first time.
- It's okay to dislike something your child does, but remember it's the behaviour you don't like, not the kid.

Whānau say

"Tell them you love them often. Try and say five positive things for every negative one!"



"If we've had a hard day together, I go and sit in their room when they've gone to sleep. Then I remember how much I love my tamariki."

