



# *Claire's* **BEST Parenting Tips**

## **TOP TIPS to keep working parents connected**

### **Being busy can lead to:**

- Lack of sleep – leading to greater incidences of family meltdowns
- A changing or cutting of routine – which is the foundation of family success



- 1. Routine** – regardless of time, commitments and pressures – routine really matters for the developing brain. Have an established 'getting going' routine and 'getting to sleep' routine to calm and soothe your child. It's vital to attachment and family success.
- 2. Be there** - When you're there, be there. That means all of you – your mind and your body. Leave work and work issues at the door and step into your home space as Mum or Dad. Emotionally absent doesn't work.
- 3. Share** - Know what's happening with your child and your support tribe. Find out what your child has done and seen so you can share that with them. Use technology to connect during the day – you can watch them eat, sleep and play – and they can say 'hi' too. This is the golden age for keeping connected using technology. Even when you're away you can still be there and be part of their day.

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# Practical Tips For Working Parents

**Tobias Bleicker**



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