

# Parents should be helped not blamed for being selfish and damaging childhood

Submitted by: Bojangle Communications

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The finger of blame as to the welfare and happiness of children in this country has been firmly pointed at their parents in a report

([http://www.childrenssociety.org.uk/all\\_about\\_us/what\\_we\\_do/the\\_good\\_childhood\\_enquiry/1818.html](http://www.childrenssociety.org.uk/all_about_us/what_we_do/the_good_childhood_enquiry/1818.html))\* published this week (4th February 2009). The report cited the increasing number of mums who work and family breakdowns as reasons that today's children are under more stress than previous generations.

Parenting expert and author, Sue Atkins (<http://www.positive-parents.com/about.aspx>), says that blame such as this is not helpful and a positive approach is what will reap rewards in the long term.

"Rather than laying blame, this report shows us that it is time to offer parents an open hand to help make learning new parenting skills, strategies and techniques less of a taboo."

The children surveyed for the report said that they wanted to be shown respect, have clear rules and have families that are always there for them. "Whoever you are and whatever your circumstances or background," says Sue Atkins, "parents should ask themselves better and more empowering questions and to think if their actions or remarks will bring them closer to or further away from their child long term.

"Kids don't come with a handbook and being the best parent you can be is about making small changes that over time make a big difference. Changes happen quickly but habits take a little longer." Sue suggests some questions to ask yourself and points to ponder:

1. How can I nurture, cherish and love my children so they feel loved?
2. Are my children my top priority? If they aren't, how can I make them my top priority? What small changes can I make this week to do this immediately?
3. Am I creating the kind of family I am proud of?
4. How can I listen to my kids more, teach them, guide them and set them firm, fair & consistent boundaries?
5. How can I be their parent, not their friend, and show them tough love by passing on my values and rules with firm kindness and confidence?
6. How can I improve the way I listen to my kids, play with them, talk to them, show them respect?
7. How can I be kinder to them?
8. What makes a great parent? Write down all the things a great parent is, says and makes you feel.
9. How can I improve and feel more confident in my parenting?
10. How can I get more balance in my life?

"This Children's Society report

([http://www.childrenssociety.org.uk/all\\_about\\_us/what\\_we\\_do/the\\_good\\_childhood\\_enquiry/1818.html](http://www.childrenssociety.org.uk/all_about_us/what_we_do/the_good_childhood_enquiry/1818.html)) can encourage us to look at ourselves and help us make small changes that don't overwhelm – to fine tune our parenting. It is important to remember that today's children are tomorrow's future and our actions will help raise happy, confident and well-balanced children," says Sue Atkins of Positive Parents Confident Kids (<http://www.positive-parents.com>).

\*Children's Society - The Good Childhood Enquiry

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Notes to Editors:

1. Sue Atkins' is a parenting coach and her company is Positive Parents Confident Kids ([www.positive-parents.com](http://www.positive-parents.com)). In addition to being a parent coach, Sue is a former Deputy Head with 22 years teaching experience and is an NLP Master Practitioner and Trainer. Positive Parents runs one-to-one coaching sessions, workshops and seminars and works with parents on improving/fine-tuning their parenting skills. Sue's favourite phrase is "because kids don't come with a handbook".

2. Sue is a parent of two teenagers and the author of numerous books, her latest being "Raising Happy Children for Dummies" one in the famous black and yellow series.

3. For more about Sue's work and to receive her free monthly newsletter of practical tips and helpful advice for bringing up happy, confident, well-balanced children go to her website:  
[www.positive-parents.com](http://www.positive-parents.com) (<http://www.positive-parents.com>)