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YOU ARE NOT ALONE - HELP IS AT HAND...



AS a parent, have you ever felt like this?

Faced with a difficult situation but not sure of the right way to tackle it?

Knowing what to do for the best is not always easy.

But now help is at hand.

To find out more, read on.

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PARENTING SPECIAL EDITION



Health News
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THE MOST DIFFICULT JOB IN THE WORLD

KIDS don't come with an instruction manual so when it comes to parenting, how do you know what's best and what works?

NHS Greater Glasgow and Clyde in partnership with Glasgow City and Renfrewshire Councils is taking the guesswork out of parenting, by supporting parents and carers with the Triple P - Positive Parenting Program®.

Over more than 30 years, Triple P has helped hundreds of thousands families deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles, school bullying to teenage rebellion.

So you can be sure that whatever your parenting needs - no matter how simple or how complex - Triple P can help.



Triple P was first developed by Australian clinical psychologist Professor Matt Sanders.



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Health News
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Helping parents every step of the way

HAVING a child is a great joy but when you have a baby it's straight into the most demanding yet fulfilling job of all – parenting.

Most of us struggle with some aspects of being a parent and would like advice and support.

Fortunately, the Triple P Positive Parenting Program™ helps parents manage the big and small problems that are part of family life.

For more than 30 years, Triple P has helped hundreds of thousands families around the world deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles, school bullying to teenage rebellion.

It is already used in 20 countries including the UK, Sweden, Belgium, the United States, Australia and Canada.

And now NHS Greater Glasgow and Clyde, in partnership with Glasgow City and Renfrewshire Councils, is offering the Triple P programme free to local parents in libraries, schools and other venues throughout the area. East Dunbartonshire is also offering Triple P to local parents and it's



Linda de Caestecker

getting rolled out in Inverclyde later this year.

Hundreds of health visitors, school teachers and nursery staff have been trained to share and practice the Triple P strategies with parents on a one-to-one or group basis or through one of the

series of three parent information sessions taking place across Renfrewshire and Glasgow city.

Director of Public Health, Linda de Caestecker, explained: "Triple P is a programme which provides advice and support to parents that has been proven to work in many cities facing similar problems to Glasgow.

"Triple P is not a 'one-size-fits-all' parenting course. It is a system that offers increasing levels of support to meet parents' different needs. Parents can choose anything from one-off public seminars or self-help books and DVDs to more intensive group courses or individual counselling sessions.

"We're offering parents as much or as little help as they need and we're providing that help in a wide range of venues and locations. We're trying to make it as easy as possible for parents to get Triple P because this is for all parents."

Triple P was first developed by Professor Matt Sanders, a clinical psychologist from Queensland in Australia.

Professor Saunders said:

"Children who grow up with positive parenting are more likely to develop the skills they need to do well at schoolwork, build friendships and feel good about themselves.

"They are also much less likely to develop behavioural or emotional problems when they get older.

"Similarly, parents who use positive parenting skills feel more confident and competent about managing day-to-day family life. They are also less stressed, less depressed and have less conflict with their partners over parenting issues.

"Parenting is the most difficult job any of us will do in our lives, but it's also the one we're least prepared for. By making parenting information more widely available we're increasing the likelihood that parents will accept or seek out help.

"Offering Triple P is like immunising the community. You prepare parents, make families healthier and prevent problems before they happen."



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Here's how you can make a start on Triple P

IT'S easy to get Triple P help. You can access advice and guidance at different times and places depending what suits you and what type of support you would like.

Then you'll soon be on your way to a happier family life!

One of the easiest ways for parents to access Triple P is to attend a **parent information session**. These "seminars" last around 60 minutes and are held in local community venues including schools and libraries.

At the seminar, a trained Triple P practitioner, such as a health visitor, nurse or school teacher, will give you advice and ideas to help tackle the most common issues for parents.

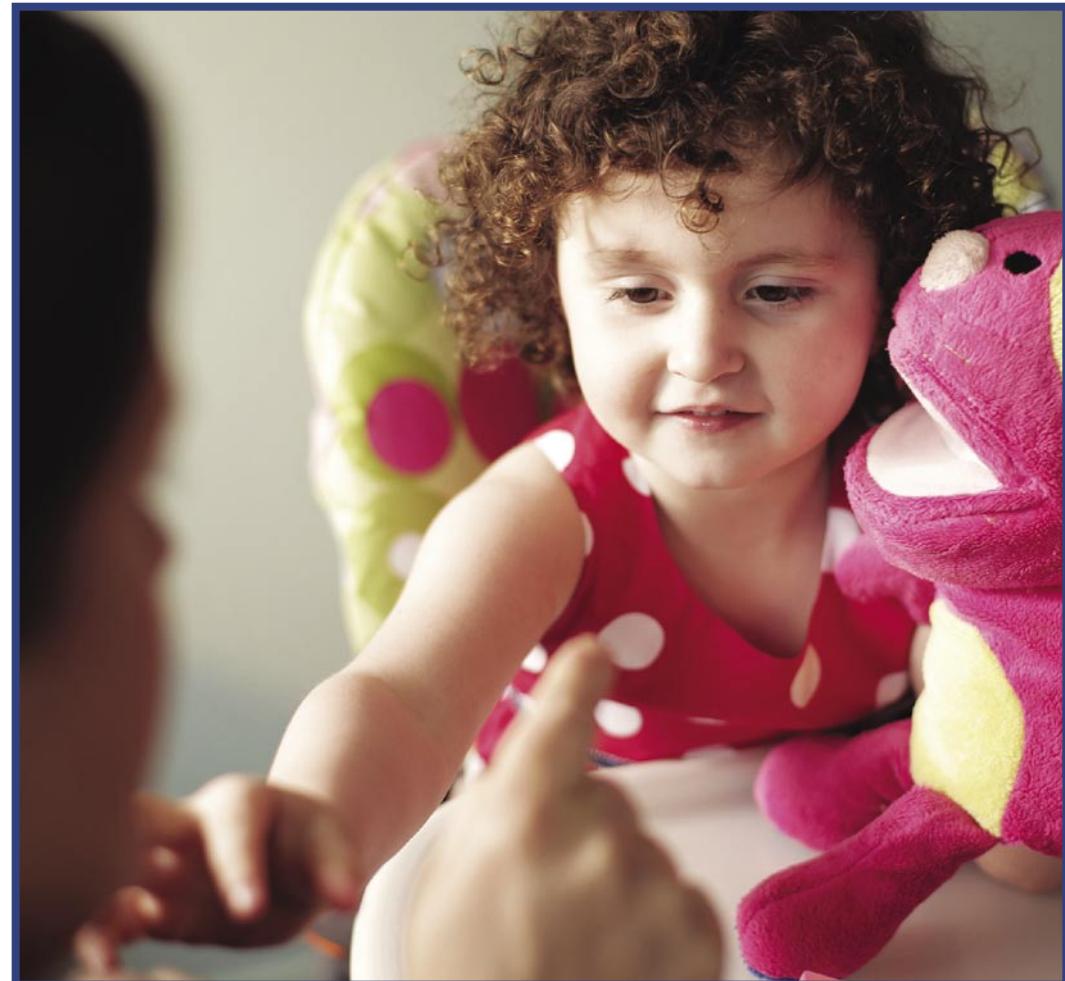
You can ask questions and listen to other parents' questions. You'll also be given tip sheets to take home to remind yourself of the great ideas you heard so you can start positive parenting straight away.

There are three different parent information sessions in the series and you can choose to do one, two or all three.

Group Triple P is ideal for parents who are coping well but would just like to be ready for any issues that may come up and also for parents who are already experiencing problems at home or with their child's behaviour.

At Group Triple P, you will meet regularly with a

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Making a start...

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trained Triple P practitioner and other parents over a period of eight weeks and discuss issues relevant to you and your children, use the Triple P tips and advice and learn from each other about positive parenting.

The groups are small, relaxed and very welcoming. Throughout the sessions, Triple P's tips and strategies are shared and practised in a range of entertaining ways – from DVD clips that show other parents facing and solving common parenting problems to role play.

Triple P is also available on a one-to-one basis through **Primary Care Triple P**. You'll see a Triple P practitioner on four separate occasions. You can go alone or with your partner and there will be no other parents at these sessions. You'll discuss the problems you're having and decide what changes you would like to see in your child's behaviour. Your practitioner will give you some suggestions to help you deal with the problem.

Triple P has produced loads of handy tips to tackling common parenting problems. Log onto **stv.tv/parenting** and go to Helpful Tips for help with everything from toddler tantrums to handling difficult mealtimes. To register for a seminar, or find out more about Group and Primary Care Triple P, speak to your health visitor, teacher or social worker, call our free phone line on **0800 027 7246** or log on to the special website at www.stv.tv/parenting.



LIST OF SEMINARS NEAR YOU

PARENT INFORMATION SESSIONS are being held during May and June in venues throughout Renfrewshire and Glasgow. To book your place at one of these free seminars, please call our Freephone parenting hotline on 0800 027 7246.

Dates for Seminar One: The Power of Positive Parenting are shown below. Information on Seminars Two and Three can be found at stv.tv/parenting.

SEMINAR ONE LIST

Wednesday 18th May, 10.00am - 12.00noon, Hillhead Library, 348 Byres Road, Glasgow G12 8AP

Thursday 19th May, 1.30pm - 3.30pm, Elderpark Library, 228a Langlands Road, Glasgow G51 3TZ

Tuesday 24th May, 9.30am

- 11.30am, East Fulton Primary School, Gilmartin Road, Linwood PA3 3SG

Tuesday 24th May, 1.30pm - 3.00pm and 6.30pm - 8.00pm, St Peter's Primary School, Braehead Road, Paisley PA2 8DZ

Tuesday 24th May, 7.00pm - 9.00pm, Mitchell Library, North Street, Glasgow G3 7DN

Thursday 26th May, 9.30am - 11.30am, Renfrew High School, Haining Road, Renfrew PA4 0AN

Tuesday 31st May, 10.30am - 12.30pm, Maryhill Library, 1508 Maryhill Road, Glasgow G3 7DN

Tuesday 31st May, 1.00pm - 3.00pm, Lochfield Primary School, Quarry Road, Paisley PA2 7RD

Wednesday 1st June, 9.30am - 11.30am, Fordbank Primary School, Teviot Terrace, Johnstone PA5 0NP

Wednesday 1st June, 9.30am - 11.30am, St Fergus Primary

School, Blackstoun Road, Paisley PA3 1NB

Wednesday 1st June, 1.00pm - 2.15pm, Bargarran Primary School, Barrhill Road, Erskine PA8 6BX

Thursday 2nd June, 9.30am - 11.30am, Bishopston Primary School, Old Greenock Road, Bishopston PA7 5BE

Thursday 2nd June, 1.30pm - 3.00pm, St John Bosco Primary School, Barrhill Road, Erskine PA8 6BX

Friday 3rd June, 9.00am - 11.00am, Our Lady of Peace Primary School, Erskinefauld Road, Linwood PA3 3PR

Saturday 4th June, 10.30am - 12.30pm, Mitchell Library, North Street, Glasgow G3 7DN

Monday 6th June, 1.30pm - 3.00pm, Barsail Primary School, Park Moor, Park Mains, Erskine, Renfrewshire PA8 7HL

Wednesday 8th June, 10.30am - 12.30pm, Bridgeton Library, 23 Landressy Street, Glasgow G40 1BP

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TRIPLE P has helped six million children and their families, and has the seal of approval of parents, practitioners and experts all over the world.

The programme has also proved a godsend to hundreds of families in the Greater Glasgow and Clyde area – helping mums and dads to cope with a range of parenting problems.

Health News tracked down three local families who will testify to the wonders that Triple P can work on children and to the benefits it can bring to the way they now lead their lives.

Each of these mums and dads faced individual challenges bringing up their children but Triple P has helped all of them to develop the skills needed for happier family life.

IT WORKED FOR US... IT CAN WORK FOR YOU

How toddler tantrums can take their toll

GILLIAN DOUGALL
Case study

LITTLE Logan Dougall took the so-called “terrible twos” to a whole new level for his entire family.

“It was temper tantrums galore,” says his mum, Gillian of Shawlands (right). “And, because of his bad behaviour and the



sleepless nights and the worry, I was becoming short tempered. That made him worse. It was a vicious circle.”

Gillian and her husband Alan were completely thrown by Logan’s misbehaviour, because raising their other children, Andrew, 12 and Amy, 4, had been relatively simple.

“We had two other beautifully behaved children – and then along came Logan. He turned out to be an absolute terror – refusing to do as he was told, screaming, kicking and

biting. He was hurting himself, he was hurting other people and nothing was working.”

Gillian described the problems to her health visitor, who immediately recommended

for just a week. I ended up staying for the whole eight-week course, though, and now I have no regrets.”

Logan is now a different boy. According to his mum, that’s

“Positive praise has had the biggest impact on Logan’s behaviour

the Group Triple P programme.

“At first I took it personally as a slur on my parenting skills,” says Gillian. “But I thought I had nothing to lose by trying it even

changed life for everyone in the family.

“The other two kids were great, but Logan used to take up family time that should have been theirs, but they

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IT WORKED FOR US... IT CAN WORK FOR YOU

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knew there was a problem and they never complained.

"Now they appreciate he's better, he doesn't kick out any more and there's more time for family activities like going to the cinema. Logan is only now prepared to sit through a whole film.

"Even simple things like going to the supermarket were impossible because he used to lie on the floor and kick off, but now he's stopped."

Gillian identifies "Positive Praise" as the strategy that had the greatest impact on Logan's behaviour. "You always think you're being positive anyway, until you realise you are only doing it in a negative situation.

"Before, he seemed to be attention-seeking but now he knows he will get lots of attention for being good. He has responded

GILLIAN has now tamed her "terrible two" toddler Logan (pictured centre) and finds life is so much better for all the family, including daughter Amy and older son Andrew (pictured).



very well to that. He knows his boundaries now. He knows he gets praise for doing positive things."

To make sure Logan's treated consistently by all the adults he comes in contact with, Gillian has encouraged members of her extended family to use the Triple P

strategies. "Other family members, like aunts and grandparents, have also come on board," she adds.

"Having them involved has taken the strain off the whole family. They help us in so many ways but, most importantly, they understand the principles of Triple P. Before, it seemed they

were rewarding his bad behaviour. But now they know the disciplinary procedure and how it works. For example, Logan now knows it's no longer acceptable to misbehave at his gran's house."

And for Gillian there's much less stress in her household. "Personally I'm a lot calmer now. You

never realise how quickly you lose your temper until you're trying not to."

So, the future is looking very good for the Dougall family. As Gillian says: "It seems silly but everything Triple P tells you is just common sense. For me, though, it was a miracle."



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IT WORKED FOR US... IT CAN WORK FOR YOU

Triple P makes a difference for single dad Greg

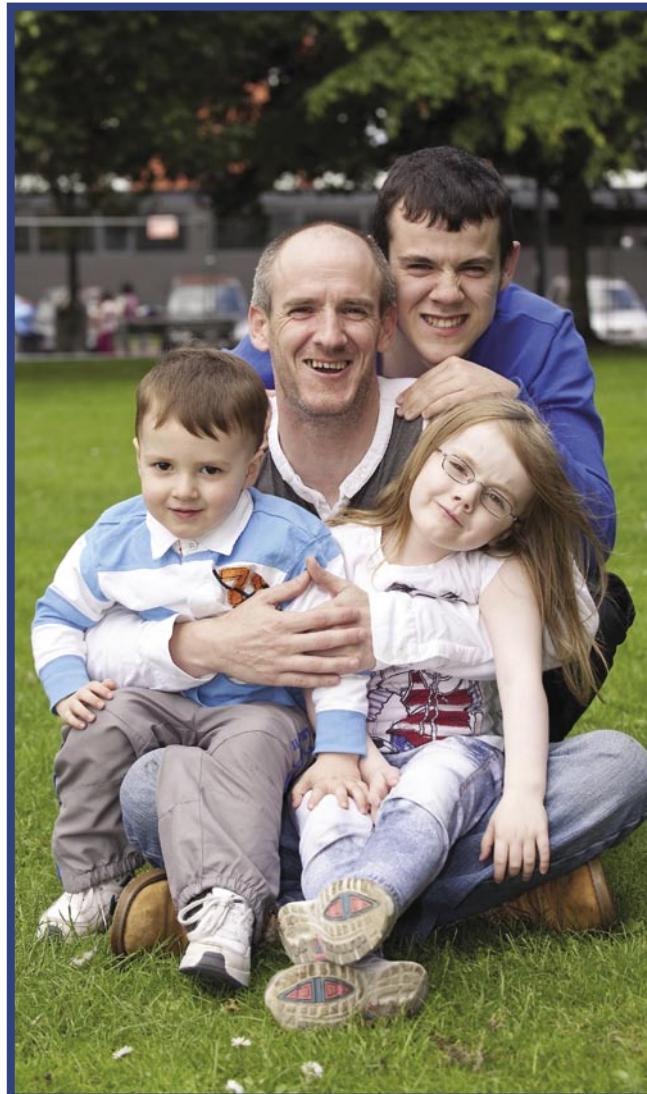
GREG COLLIGAN
Case study

SINGLE dad Greg Colligan, from Gorbals, declined to take part in Triple P when it was first offered to him because of the stigma of being labelled a bad parent. But the full-time dad of three children, teenager Anthony and youngsters Bethany and Nathan, changed his mind when he was looking for tips on managing his kids' behaviour.

"The kids were ignoring me all the time and running riot. It had to stop," explained Greg.

He approached the head of the nursery near his home and was referred to Triple P. He found everything - from enrolling to the way the sessions were run - to be simple and relaxed. And he was relieved he wasn't lectured about parenting.

"It was really informal. We talked through the problems and were all encouraged to produce an individual parenting plan for our own situations,"



DAD Greg with teenage son Anthony and youngsters Nathan and Beth. He now finds he can happily take them out for family outings.

he said. "It was all really positive and non-judgemental."

With a few small changes, Greg was soon noticing big differences at home. "I was very surprised at the impact it had on me and the children straight away," he said.

Instead of yelling at the kids from other rooms, Greg spoke with them face-to-face. And he found that time spent apart was the most effective way to cool tempers.

"Instead of raising our voices and getting upset, I give them a couple of minutes on their own to think about things. Every single time they come back and say 'I'm sorry' and we all have a cuddle."

Greg's also seen an improvement in his children's manners and behaviour, with routines and rules now followed as agreed.

"The wee ones were always quite well behaved but now their manners are beautiful," he said. "They are much calmer now, because we understand each other so much better."

"Now I can actually walk from one end of the town to the other just holding their hands. I know they'll behave and wait to cross the road, rather than running away from me."

Not surprisingly, Greg would recommend Triple P to any parent. "It's made a massive difference to my life."

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IT WORKED FOR US... IT CAN WORK FOR YOU

Dee's 'Triple P baby'

DEE PRASHANTHAM

Case study

SIGNING up for an eight-week Triple P parenting course when she was seven months pregnant proved to be perfect timing for Dennistoun mum Dee Prashantham. Because Dee now has her very own 'Triple P Baby' – with son Aditya starting his entrance into the world during Dee's final positive parenting session.

"I decided to enrol in Group Triple P sessions because Aditya was on the way and I already had our daughter Diya," said Dee. "We were doing brilliantly and I had no problems, but I knew that a new baby would have an impact on our whole family and I would be able to spend less time with each of the children individually. I wanted to know how better to spend my reduced time with them."

And during the last hour of the session, her contractions started. Aditya was born at eight o'clock that evening and has since been known within the family as their "Triple P Baby".

Dee is happy she decided to take up the



DEE and Shameen with little Aditya and daughter Diya.

offer of free parenting support. "There is now a structure to my parenting," she said. "Diya used to go to bed around 9pm but I knew this wouldn't be practical with a new baby at home.

"So my husband Shameen and I used Triple P strategies to create a family routine bringing bedtime forward to 7.30pm."

Each week, Dee and Shameen would read and discuss the ideas in their Triple P workbook before the sessions and would also go over some of the points afterwards.

Now, they always avoid giving conflicting messages to Diya, agreeing on the techniques they want to use. They present a united front when they use techniques such as quiet time and are consistent in the way they encourage Diya to say 'please' and 'thank you'.

Having had such a positive experience with Triple P, Dee now wants to spread the word to other parents.

"I would definitely recommend Triple P to anyone, she said. "It focuses your mind and helps you engage with your children more positively – and that can't be bad for anyone."

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THE ONE-STOP WEBSITE FOR ALL YOUR PARENTING PROBLEMS

WE'VE joined forces with STV to bring you a new one-stop parenting website packed with helpful tips for the most difficult job in the

world – parenting. The following pages provide just a snapshot of what you will find on stv. tv/parenting.



What are you struggling with? **SEX and SEXUALITY**

YOU may find the idea of discussing sex, relationships and even sexuality with your child slightly awkward. You may not know where to start – or at what age such things should be discussed with a child.

Children who are talked to about sexual relationships and sexual health feel more positive about themselves.

There are resources to help you think about when to start talking to your son or daughter about sex. Evidence suggests that these talks between parent or guardian and a child work best when they begin at an early age and continue through to the teenage years, rather than a "one off" talk.

The links at stv.tv/parenting

provide practical advice and further links to other support materials.

● NOBODY knows what makes someone gay, lesbian, bisexual or straight. A youngster can feel terribly lonely and isolated if they suspect their sexuality is different to that of their friends and family. A parent can often struggle with how to talk to a son or daughter about such complex issues.

One of the links on the website is to Parents Enquiry Scotland that offers support to parents. Confidential helplines are operated by parents who have been through the experience of learning to understand and support their own gay children.



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**THE ONE-STOP WEBSITE FOR ALL
YOUR PARENTING PROBLEMS**



What are you struggling with? **DEPRESSION**

ONE in five Scots teenagers and one in ten children under 10 are suffering from it.

It's a serious problem that can impact of every aspect of someone's life. If untreated, it can lead to problems at home and school, drug-abuse, low self-esteem or even suicide.

The good news is that depression can be treated. If you're worried that your child may be depressed, there's a lot that you can do to help. And being able to spot the early signs and knowing how to talk about it can go a long way to getting your child



back on track.

As well as your GP, there are a number of support groups that can help parents dealing with a depressed child or teenager. Details and links are available at **stv.tv/parenting**

What are you struggling with? **DRUGS**

IT can be very difficult to tell if a young person in your family is using drugs. Many of the signs are often seen as normal features of growing up. Being moody or unpredictable, changing friends, staying up all night or sleeping all day for reasons that have nothing to do with drugs.

So if you think a young person in your care is taking drugs, try not to jump to conclusions. Try to find out the facts by talking and listening.

Some basic knowledge will help you to openly discuss substance use with them, correcting any myths they have and providing them with factual information instead. Try to avoid scare tactics where possible as they have been shown to rarely work.

And remember, you do not



have to deal with this on your own. Talking to someone who is trained can make all the difference. With the help of a skilled and experienced drugs counsellor, you may find that you and your child can talk and listen to each other more easily.

There's lots of help out there and all the best advice and links are on the **stv.tv/parenting** website.

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THE ONE-STOP WEBSITE FOR ALL
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What are you struggling with? **SMOKING**

IT'S important to encourage children to resist taking that first puff and as a parent you can help.

Approach the subject calmly, so your child feels confident about confiding in you and revealing whether or not they are taking/have tried or are under pressure from friends to smoke.

Do your homework first. Research smoking so you can speak to them confidently about it, making them aware of the risks. Talk to them about their feelings and try not to judge them or create arguments whilst they are talking.

Try to avoid lecturing them. They'll only become irritated and want to rebel against you.



Instead, remain chatty and friendly but keep your views and ideas firm so they know your position on smoking and are clear about why they should avoid it.

You are also a role model for your children so if you smoke, try to quit and in the meantime, don't smoke in the house, in the car or in front of your child.

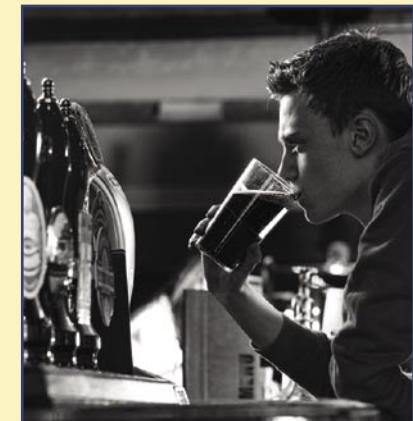
For more information on what to do if your kid smokes, including advice on helping them quit, go to **stv.tv/parenting**.

What are you struggling with? **ALCOHOL**

BINGE drinking, drinking deliberately to get drunk and drunkenness have become much more common so it's important to help your child to understand the risks and keep safe when they drink.

It's best to start talking early. Research shows that children's openness to their parents' influence changes dramatically as they grow up. Between the ages of eight and 12, children generally accept what their parents say about alcohol. However, 13-17 year-olds increasingly pay attention to their friends.

Drinkline Scotland on **0800 7 314 314** is a completely confidential line available 24 hours a day, 7 days a



week. Trained operators can offer advice and support on any alcohol concerns and put you in touch with local services.

The **stv.tv/parenting** website also provides more advice and links to a number of other useful websites.

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**THE ONE-STOP WEBSITE FOR ALL
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What are you struggling with? **OVERWEIGHT**

BEING overweight as a child can lead to serious health problems in later life. It can also impact on self confidence and happiness.

There are many reasons for the growing problem of childhood obesity – but the two key causes are bad diet and lack of exercise.

There's a lot of help and advice at hand to help you shape your child's future and tackle the many associated problems with being overweight.

Discovering the fun of cooking healthy and nutritious meals and turning on to fresh fruit as a treat instead of crisps and sweets can be both economical and make your child feel much healthier and happier.

But good healthy food isn't the only answer – being active is a vital part of a balanced healthy childhood.

All the help you could possibly need and links to a wide range of support websites are available at **stv.tv/parenting**



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Health News
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WANT to know what to do when your toddler throws a tantrum? Or how to get your seven year old to follow instructions?

Triple P has developed practical

strategies and tools to help deal with the everyday situations that parents face.

On the following pages we present just a few of the handy tips to help tackle

common parenting problems.

Triple P have produced loads more advice and guidance on a variety of problems and you can find them at www.stv.tv/parenting

TOP TEN TIPS FOR PARENTS

1 WHEN your child wants to show you something, stop what you are doing and pay attention. It's important to spend frequent, small amounts of time with your child doing things that you both enjoy.

2 GIVE your child lots of physical affection. Children often like hugs, cuddles and holding hands.

3 TALK to your child about things he/she is interested in and talk about your day too.

4 GIVE your child lots of descriptive praise when they do something that you would like to see more of, e.g. "Thank you for doing what I asked straight away".

5 CHILDREN are more likely to misbehave when they are bored so provide lots of indoor and outdoor activities for your child, e.g. building blocks, colouring in, cardboard boxes, dress ups, cubby houses, etc.

6 TEACH your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then prompt your child to speak politely (e.g. say "please")

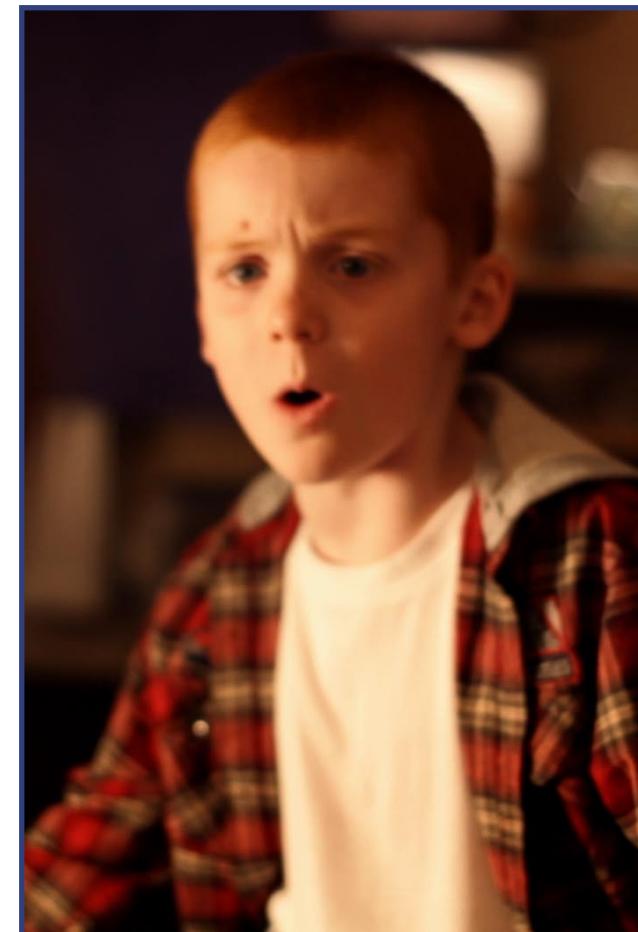
or "thank you") and praise your child for their efforts.

7 SET clear limits on your child's behaviour. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.

8 IF your child misbehaves, stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead (e.g. "Stop fighting; play nicely with each other.") Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.

9 HAVE realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.

10 LOOK after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.





PARENTING SPECIAL EDITION

AVOID MEAL TIME MADNESS WITH SET RULES AND ROUTINES

A FAMILY dinner, where everyone eats at the same table, happily discussing what they've done during the day. Sound a little corny or out of touch? The truth is, quality time spent together is what gives a family strength – no matter what its makeup or from which generation it stems. So there are many things we can do as parents to encourage our children from an early age to learn to sit at a table and eat.

Of course it is important to have realistic expectations about a family meal. When preschoolers first begin to eat at a table there are likely to be spills and messes. This isn't misbehaviour, just a simple learning curve. Try to stay calm and look for opportunities to praise your child.

Because young children are also easily distracted and find it hard to sit in one place for a long time, 20 to 30 minutes is a good time limit for a main meal.

It is not essential that your child learns to like every dish you serve. If your child is encouraged to eat a variety of foods, they will develop preferences for some foods over others, just as adults do. So there's no point in insisting they eat a specific vegetable if they will happily eat

something else just as nutritious.

Some of the best ways parents can help avoid mealtimes being stressful starts away from the dinner table.

Try and establish a set time and routine for meals so children know when to stop playing and get ready, or when to turn off the television set. Prevent your child snacking within an hour of a scheduled mealtime. And keep a watch on fluid intake as well. A big glass of milk or juice just before dinner can certainly dampen an appetite.

Some mealtime problems are directly related to the way a parent and child interact at a dinner table. Children may even refuse to eat as a way of getting attention. It can become a problem if you are repeatedly manipulated into allowing your child to eat the most meagre portions of their dinner through bargaining and negotiating.

It is better to set appropriate consequences for such behaviour, stick to those consequences, and praise your child when they eat an acceptable portion of what's on their plate.



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PARENTING SPECIAL EDITION



Health News
MAY/JUNE 2011

DISCIPLINE IS NOT A DIRTY WORD

MANY parents today are confused about how to discipline their children. But good discipline is simply helping children learn that their behaviour leads to consequences that are always consistent and enforced within a predictable, loving environment.

When your child misbehaves, try and remain calm in the line of fire. Don't let a single disobedient act escalate into a full scale battle of wills between child and parent.

Remember that discipline for children must involve clear, fair, rules and consequences that are appropriate for your child's age. When your child breaks a rule they know about, have an effective consequence, like removing a favourite toy, banning the use of a bike, or turning off the television. It also helps to give your children more positive attention than negative attention.

For example, if your children are fighting over a toy, you might tell them to stop fighting, teach them about the importance of sharing and then show them how to go



about sharing.

If your child is being loud and interrupting, explain the importance of politeness and teach them how to gain mum or dad's attention in a more acceptable fashion.

The way you discipline your children will vary with the age and personality of that child.

For instance you can't negotiate bedtime with a three year old, although you can with your teenager.

And discipline for disobedience should always teach two things. Firstly, that "no" means to stop the behaviour that is not allowed and secondly, it should make

clear the appropriate behaviour that should be seen instead.

The trap that many parents fall into when dealing with misbehaviour is to unwittingly feed negative behaviour by nagging and criticising, often inconsistently, and by failing to praise and encourage children when they behave well.



HOW TO DEAL WITH TANTRUMS

EVERY parent knows about the tantrum – when their cute little one suddenly turns into a screaming terror. The fact is, tantrums are to be expected in childhood, particularly in two year olds. But how do you manage them?

First of all recognise the warning signs. A frustrated toddler whose tower of blocks won't stay up or who can't get a turn with a toy is a prime candidate for a tantrum. So too is a tired or hungry toddler whose sleep or meal patterns have been interrupted.

So, if your two year old has a tantrum, ignore your child and walk away-- if it's safe to do so. Then when the tantrum stops, praise them for stopping.

For older toddlers it's better to give clear instructions — *Stop screaming right now and speak in a nice voice* — then back that up with a consequence such as Time-out. When using Time-out make sure your child is taken away from the situation where the tantrum began into an uninteresting but safe area to be quiet for one minute. You may need to repeat the use of Time-out a number of times before your child learns to manage their frustration.

Tackling tantrums may take a few weeks of effort and use of Time-out and other strategies. To see if progress is being made jot down each time you use Time-out and how long it takes. After a week, the tantrums should be less frequent, and you will be well on your way toward helping



your child learn some important new social skills.

But tantrums in public can make it difficult to use strategies like ignoring or Time-out. Instead, find a safe quiet place to sit with your child such as a park bench or your car and tell them they must sit quietly. Wait beside them (without talking) until

they have been quiet for about 30 seconds before going on. If this is unsuccessful, you will probably have to abandon your trip to take them home for immediate Time-out. You can always try again next time!

REMEMBER, there's lots more advice and tips on our special website at www.stv.tv/parenting

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Health News
MAY/JUNE 2011

KIDS, IT'S FUN TO LEARN ABOUT CITY'S TREASURES



RECENT research suggests that having an active cultural life can have a positive impact on your general health and wellbeing.

So helping your children into the swing of getting out and about and engaging with culture, sport and entertainment at an early stage is a great way to have fun and invest in their future.

When it comes to great family days out there's a wealth of choice available from Glasgow Museums.

They are some of the busiest attractions in the country and are all well known and much loved by the people of Glasgow and beyond. Last year, more than 2.5million people saw a fantastic array of treasures - things like paintings by Dali and Degas, amazing mediaeval armour in Glasgow's collection, beautiful sculptures and even a WW2 Spitfire!

Here are just some of the great free attractions you can visit:

KELVINGROVE ART GALLERY AND MUSEUM

KELVINGROVE has 22 themed, state-of-the-art galleries displaying an astonishing 8000 objects.

The collections are extensive, wide-ranging and internationally significant and include natural history, arms and armour, art from many art movements and periods of history and much more.

Kelvingrove welcomes families with children and its displays have been designed with children in mind. There are lots of interactives throughout the museum that will appeal to younger audiences.

The RBS Exhibition Gallery and the community exhibition space both have a running programme of temporary

exhibitions and displays.

Visitors to Kelvingrove can enjoy its cafés and shops, and make use of its Study Centre and Library to find out more about Glasgow Museums' collections and carry out research online.

Kelvingrove has welcomed somewhere in the region of eight million visitors since it reopened five years ago after its £35million refurbishment and it still attracts more than a million visitors a year.

THE BURRELL COLLECTION

IN the heart of Pollok Country Park, this award-winning building houses a unique collection in a beautiful woodland setting.

Our displays range from work by major artists including Rodin, Degas and Cézanne, to important examples of late medieval art, Chinese and Islamic art, Ancient



SUPPORTING CHILDREN'S DEVELOPMENT



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IT'S FUN TO LEARN ABOUT THE CITY'S TREASURES

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Civilizations and more.

The collection is named after its donor, the shipping magnate Sir William Burrell. It's one of the greatest collections ever created by one person, comprising over 8000 objects.

The Burrell regularly hosts temporary exhibitions and runs an extensive programme of events and activities for both adults and families with children.

THE GALLERY OF MODERN ART (GoMA)

GoMA is housed in an iconic building located in the heart of Glasgow, which it shares with the city centre library.

GoMA's public programme uses modern art for an exchange of powerful ideas about life and human experiences. Artists' talks, workshops, projects and regular family activities offer people of all ages a chance to explore and realise their own artistic potential.

The Library at GoMA houses a café, free internet access, and an extensive collection of art and design books alongside its general books for loan.

THE RIVERSIDE MUSEUM

THE opening of the new £74million Riverside Museum will be a highlight for many families this summer. It's been more than a year since the Museum of Transport closed its doors for the last time at the Kelvin Hall but the new museum will be well worth the wait. It will have around 3,000 items on display by the time it opens to the public on June 21 and there is a whole series of events programmed for the spaces around the museum throughout the summer.

The former Museum of Transport attracted around half a million visits a year and the new museum is expected to have around 625,000 in its first year. Alongside it is The Tall Ship Glenlee which moved to a new permanent home outside the new museum, making it the biggest attraction of the summer in Glasgow. The Riverside Museum will be something new for everyone to enjoy but take a visit to the People's Palace, Scotland Street School Museum, St Mungo Museum of Religious Life and Art or Provands Lordship and there's a lot that's new and different happening there too.

Start your visits at www.glasgowlife.org.uk and find out what's on, where it's on and when.



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Health News
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WHY BREAST FED BABIES HAVE BETTER START IN LIFE

BREASTFEEDING has dual long-term health benefits for mum and baby yet many women remain resistant to the idea.

There can be many factors behind this, such as family tradition, lack of confidence or initial difficulties.

But the benefits of breast milk have lifelong implications, reducing the risk of developing heart disease and high blood pressure.

And research has found that if a baby is never breastfed these health benefits are lost and cannot be replaced later by a healthy lifestyle and diet.

Linda Wolfson, NHSGGC's Infant Feeding Coordinator, explained: "Many expectant parents are not fully aware of the health benefits of breastfeeding which includes reducing the mother's risk of breast and ovarian cancer and osteoporosis.

"If a woman breastfeeds, she is more likely to lose the extra pregnancy weight gain. This weight loss reduces her risk of developing diabetes, heart disease, strokes and many different cancers.

"For the child, it reduces the risk of developing ear and urine infections, gastroenteritis, diabetes, asthma and eczema. Breastfeeding improves the infant's general immunity, intelligence and



eyesight. The benefits of breastfeeding last into adulthood reducing the risk of later developing heart disease and high blood pressure."

Breastfeeding rates across Greater Glasgow and Clyde are lower than the national average but are on the rise.

And encouragingly, some of the biggest increases in breastfeeding are happening in areas where rates were traditionally the lowest, such as the east end of Glasgow where the figures have risen from 12% to 23% within three years.

Linda went on: "Women from areas where breastfeeding rates are low are less likely to breastfeed. They may never have seen a baby breastfed before and therefore are less likely to consider it the norm. Sometimes they do not have the confidence to initiate breastfeeding and even if they do they may have very little peer or family support around them to maintain it.

"Mothers often choose not to breastfeed in the mistaken belief that formula is 'good enough'. Some women worry that breastfeeding will be difficult, time consuming or embarrassing.

"Mums should be reassured that
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WHY BREAST FED BABIES HAVE BETTER START IN LIFE

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breastfeeding is now much more common and there are many private places to feed if they are self conscious. They can now feed anywhere when they are out and about as there is a law in place to protect breastfeeding in public.

"There are many sources of help from professionals and peer supporters to make breastfeeding much easier and more enjoyable."

A new website has now been launched by the Scottish Government to provide information and support about breastfeeding to mums.



Linda Wolfson

The site also gives details of local support services in Greater Glasgow and Clyde where mums can get an opportunity to discuss breastfeeding and other issues with fellow breastfeeding mums.

For more information log onto www.feedgoodfactor.org.uk

IT'S A FACT

- EVIDENCE shows that the health benefits for babies who are breastfed include a higher IQ for the baby, plus a reduced risk of: gastro-enteritis; ear infections; asthma; and obesity.

- WOMEN benefit from quicker weight loss and there is a reduced risk of developing breast and ovarian cancer, osteoporosis, diabetes, heart disease, and strokes.

- THE World Health Organisation recommends that babies are exclusively breastfed until the age of six months, and that breastfeeding continues until the age of two.

- WOMEN are three times more likely to stop breastfeeding in the first two weeks if none of their friends breastfeed.

Clare has no doubt - breast is best

PRINCESS Royal Maternity midwife Clare Govan was one of nine children and she and her eight older brothers and sisters were all breastfed.

So when it came to feeding her own four daughters, there was only ever one option – breastfeeding.

"For me it wasn't actually a choice, I just knew that I would breastfeed, and all of my girls fed well."

Clare (38) is now expecting her fifth child and because her own breastfeeding experience has been so positive, decided to take on a two-year secondment, training other staff in infant feeding.

She said: "I have never had a problem, but I know from working on the wards that some mothers do.

"It may be that their baby wants to feed frequently and mums worry that they don't have enough milk and can't feed them.



Mum and midwife Clare Govan and her daughters - all breastfed.

"For others it is that their babies are sleeping a lot and not interested in feeding, and problems around attaching the baby can lead to sore or damaged nipples.

"What I and my colleagues can do is spend time with the women reassuring them that this is normal and offer them solutions.

"We can organise breastfeeding workshops and also have very good resources for mothers-to-be."

MAKE SURE YOUR CHILD IS MAKING GOOD PROGRESS

New scheme launched to assess how youngsters are developing

FOR every parent it is crucial to know and understand how their child is developing and a new assessment to be rolled out across Greater Glasgow & Clyde is designed to do exactly that.

NHS Greater Glasgow and Clyde (NHSGGC) will be one of the first areas in Scotland to introduce the 30-month assessment designed to support children's development.

This new approach is taking place because evidence shows that every child can benefit from having an assessment of their health and development before they reach the age at which most children enter nursery.

The assessment will confirm that each child is developing as



expected so that any areas of concern can be identified and additional tailored support put in place before they enter the educational system.

It will also look at children's behaviour, including their relationships with parents and others, and provide an opportunity for families to raise any concerns they may have

about their child's health and development.

Dr John O'Dowd, NHSGGC's Consultant in Public Health Medicine (Child Health), summed it up: "This is all about ensuring children's health and development is good so that they can get the most out of early education when they enter nursery."

"Although some children may already have been in a nursery placement, the educational curriculum starts after their third birthday. We know that optimising a child's health and development improves their learning and this in turn improves their life outcomes as adults.

"The 30-month assessment has been developed to identify children who would benefit from some additional help before they enter formal education. Thirty months is a very important age because this is the first stage at which we can really assess their communication skills.

"The majority of children attend nursery school so it is vital they get the maximum benefit from this early education.

Health visitors, who are part of the nursing staff in Children's and Families' Teams, will carry out the initial assessment and work with parents/carers to decide if additional

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MAKE SURE YOUR CHILD IS MAKING GOOD PROGRESS

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assessments or support is needed to ensure a child is ready to learn by the age of three years.

Dr O'Dowd explained: "If the assessment at 30 months identifies that a child's development or behaviour might benefit from more support then we will arrange more detailed assessments to establish precisely what the problem might be and how we can best support the child and parent to get ready for nursery and school."

Letters and simple questionnaires will be sent out in advance to parents and appointments arranged to take place with a child's health visitor.

Dr O'Dowd added: "I believe all children have something to gain from this. Even if a parent or carer thinks their child is developing normally, I would encourage them to attend the new 30 month check.

"This initiative is about to optimising a child's health and development to help them learn and achieve when they enter nursery education."



Dr John O'Dowd

TRIALS of the 30 month assessment will begin in a number of areas across NHS Greater Glasgow and Clyde between now and the end of the year to test how the initiative can be delivered in a way that benefits both children's and parent's needs before the beginning of a Board-wide roll out in early 2012.

HOW THE SCHEME WILL WORK

LETTERS outlining the assessment, and a questionnaire, will be sent out well in advance to parents of children approaching the age of 30 months inviting them to come along to a clinic and meet a Health Visitor.

The questionnaire will ask a series of simple questions such as "Can your child use two words together?" and "does your child understand these 50 words?".

There will also be questions about how the child relates to others.

Assessments will take around 40 minutes and as well as assessing the child's communication skills and behaviour, Health Visitors will also discuss wider health issues such as general health, nutrition and activity. This is also an opportunity for the parents or carers themselves to raise any concerns they have about their child.

If the assessment finds that a child might need further assessment or support, arrangements will be made at the contact to ensure this can be carried out.

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HELPING FAMILIES IN TOUGH TIMES

IT'S a tough economic climate for everyone at the moment and money worries can have a knock-on effect on family health, particularly those on low incomes and benefits.

But under the Healthier Wealthier Children (HWC) project, funded across NHS Greater Glasgow and Clyde (NHSGGC) by the Scottish Government, families facing financial problems are now learning how to maximise the money coming into their homes.

The scheme is a partnership with local authorities, Glasgow Centre for Population Health and Voluntary Sector Money Advice Services and is targeting pregnant women, parents or carers of children under five years, parents or carers of children under 19 with additional support needs, for example a disability or long-term illness, plus people on lower incomes, benefits and work-related benefits.

Dr Linda de Caestecker, NHSGGC's Director of Public Health, said: "Maximising families' income is one element of addressing child poverty and a practical action that health and social care service providers can offer."

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For the Nicoll family, meeting an Income Maximiser led to a real increase in the weekly household income following checks about benefits they had no idea they were eligible for.

Parents Jean and John, have three children, aged 10, four, and two and a half years, and the younger two are disabled, the youngest significantly.

Financially it was a struggle but thanks to an investigation by the Income Maximiser the household income has now been boosted by an extra £140.

This was because their youngest child has now been awarded Middle Rate Disability Allowance of £47.80 and the disabled child element of tax credits, equal to £52.21.

Now the family can afford taxis to attend hospital appointments, clubs and support groups in their area and Jean is less worried about the next utility bill dropping through the letter box.

Families can access the money advice experts by talking about budgeting concerns to midwives, health visitors and staff working in services for young children, who can then put them in touch with one of a number of appointed Income Maximisers, and there is a minimum waiting time.



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Extra mile

Our staff often go above and beyond to deliver better care. Does your nurse or team of nurses go that extra mile? Have they made a difference to your care? If so we want you to nominate them for a special NHS Greater Glasgow and Clyde award.

To nominate telephone 0800 027 7246
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