

# Hold it and count to ten



Parents need help too....

## Your survival guide with young children

1. Recognise your child as an individual right from the start
2. All children are different – comparing them is not always helpful
3. Give their needs and your own enough time in the day
4. Don't ask more of them than they can manage
5. If tempers flare – [hold it and count to ten](#) – they need you to stay calm
6. Look after your own health as well as theirs
7. Don't take on more tasks than you have to
8. Parents need others for support
9. If you feel low and lonely – don't stay isolated
10. Above all – don't get down – get help

Brown Bear Childcare staff are always happy to give guidance and advice to parents and carers.

We can often sign-post you to other sources of support and point you in the right direction.

No question is a silly one.....so just ask!

