Manage like a cat, nurture like a dog

by Michael Grose - Australia’s No 1 parenting educator

Here’s how to get the mix of firmness and nurturing right when communicating with young people.

When speaking about raising teenagers I make the planned observation that parents should ‘manage like a cat and nurture like a dog’. So what does this mean?

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What to say when kids become anxious

by Michael Grose - Australia’s No 1 parenting educator

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

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