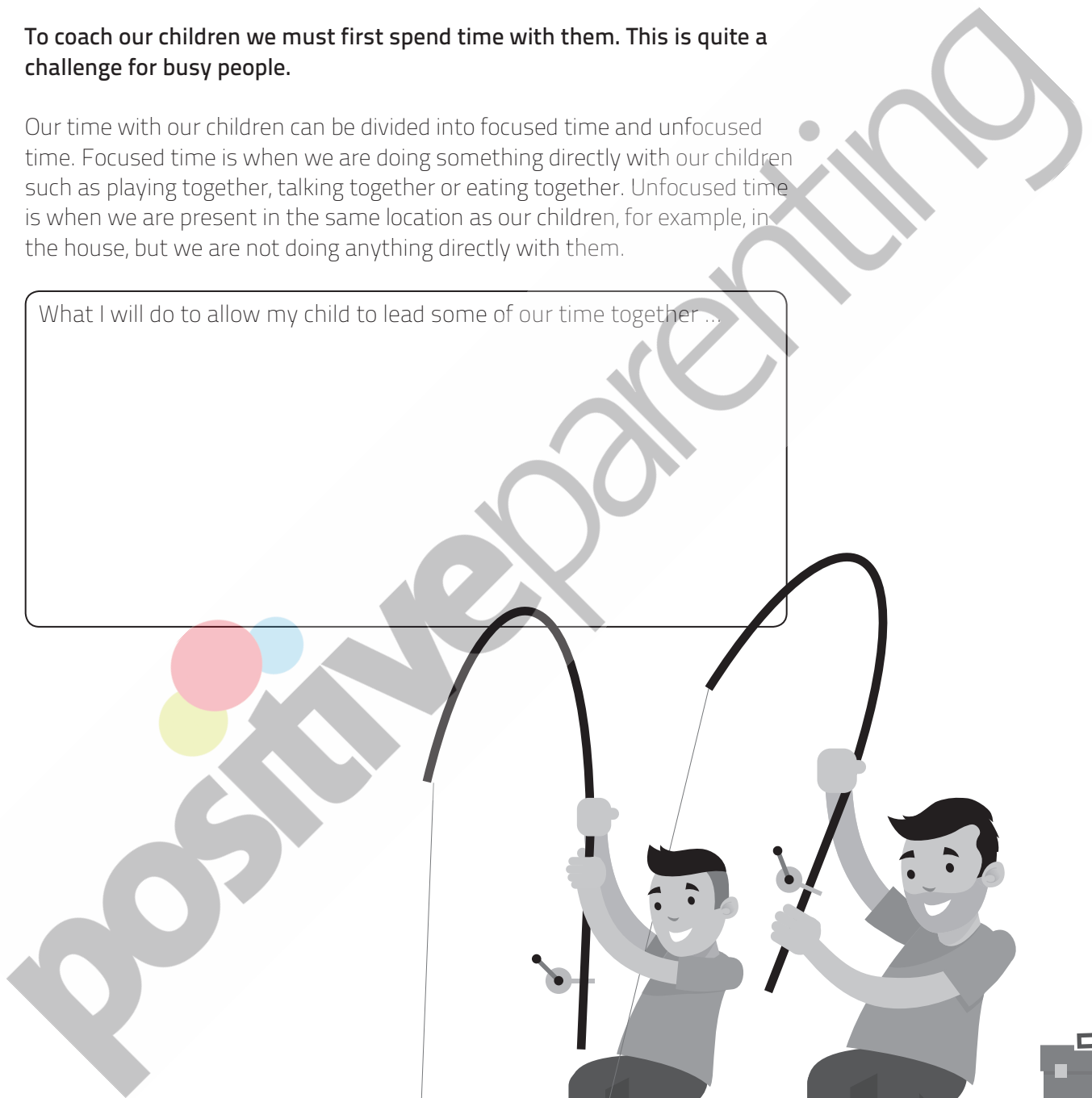


# The importance of time

To coach our children we must first spend time with them. This is quite a challenge for busy people.

Our time with our children can be divided into focused time and unfocused time. Focused time is when we are doing something directly with our children such as playing together, talking together or eating together. Unfocused time is when we are present in the same location as our children, for example, in the house, but we are not doing anything directly with them.

What I will do to allow my child to lead some of our time together ...



# Recognising children's feelings

All of us feel angry, frustrated, lonely or depressed at times. These feelings are what make us human.

Sometimes it is easy to express our feelings using words; at other times that's not so easy. This is the same, and probably harder, for children.

**Children often act out their feelings because they can't put them into words. They might do this by being aggressive, tearful or withdrawn, for example.**

Being able to put yourself in your child's shoes helps you to understand their behaviour.

