

Final points of *Tuning in to Kids*

- All feelings are acceptable but not all behaviours
- The long-term goal is to achieve mutual respect that protects children both now and in the future
- Children learn by watching parents
- It's important to build on strengths and to be specific in how you praise children
- Families need to decide what is non-negotiable, for example, no violence, no name calling
- When problems arise, look at the patterns in children's behaviour (for example, when does the behaviour occur or not occur?)
- Via *Tuning in to Kids*, you have been able to develop a range of parenting strategies. You can choose which of these you wish to use, based on what feels right for you and seems to work for your child.

