

A child's relationship with their parent or caregiver is one of the most important they will ever have. As a parent, you are your child's first teacher, and your actions often say much more than your words.

HOW ROLE MODELLING WORKS

Children watch how you handle emotions, make decisions and treat others. If what children see is different from what they are told, they can become confused or resentful. Clear, consistent behaviour helps your child understand expectations, boundaries and trust.

Role modelling influences almost everything, how your child:

-  handles frustration and anger
-  relates to friends and family
-  copes with stress and challenges
-  eats, exercises and cares for themselves
-  approaches learning and problem-solving

WHAT POSITIVE ROLE MODELLING LOOKS LIKE

The best way to be a positive role model is to show your child how to be the person you want them to become.

Here are simple ways to model positive behaviours:

-  Positive relationships: Include your child in family discussions so they learn how people cooperate and listen to one another.
-  Respect: Show kindness and patience even when you disagree. Model problem-solving instead of anger.
-  Taking responsibility: Admit your mistakes and talk about how to make things right. It teaches your child that everyone can learn and grow.

- ✓ Love of learning: Share curiosity and enjoyment in discovering new things.
- ✓ Optimism: Keep a positive attitude - your child learns how to stay hopeful from you.
- ✓ Wellbeing: Look after your own health, rest, and happiness. Children learn self-care by watching you care for yourself.

LOOK AFTER YOURSELF TOO

Parenting takes patience, calmness and energy.

Take time for:

- Quiet moments, hobbies and rest
- Healthy meals and regular activity
- Support from friends, family, or parent groups

IDEAS FOR EVERYDAY ROLE MODELLING

- ✓ Include your child in family decisions and listen to their views.
- ✓ Keep calm and use respectful language, even during disagreements.
- ✓ Stick to family rules - if you ask your child not to yell, try not to yell yourself.
- ✓ Talk openly about right and wrong, and how actions affect others.
- ✓ Use problem-solving rather than blame when things go wrong.
- ✓ Speak kindly about others. Children notice your tone and words.
- ✓ Treat yourself with compassion, just as you would a loved one.

SUPPORT AND INFORMATION FOR PARENTS IN VICTORIA

-  Parentline Victoria - 13 22 89
Free, confidential support and guidance for parents and carers.
www.parentline.vic.gov.au
-  Raising Children Network - trusted, government-funded parenting advice.
www.raisingchildren.net.au
-  Triple P - Positive Parenting Program - free for Victorian families.
www.vic.gov.au/triple-p-positive-parenting-program
-  Relationships Australia Victoria - family and parenting resources.
www.relationshipsvictoria.org.au
-  Parenting Research Centre - research and insights about Victorian parents.
www.parentingrc.org.au



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