KARITANE®
Partnerships made for parents

Responsive Parenting

Learning how to care for and nurture your child to provide them with a lifetime of positive benefits takes commitment, effort, support and some humour. But you don't have to learn it all on your own. We're here to partner with you.

Responsive parenting involves tuning in to your child's social, emotional and physical needs. You are parenting responsively when you act promptly and match your actions to what your child is trying to communicate to you.

WHAT TO EXPECT

- Each parent brings their own experiences, values beliefs about family life and parenting.
- It takes time to become confident in parenting.
- The early relationship you form with your child sets them up for life in terms of brain development and future relationship skills.

REALITIES

All families experience rough waters sometimes.
For example:

- Financial pressures or adjustments.
- Communication and relationship breakdown between parents.
- High expectations of yourself, child or partner.
- Isolation.
- Poor sleep.

SAFETY

Seek help if:

- You are finding it hard to understand your baby's cues.
- You aren't coping with parenting, or there is ongoing conflict as you try to co-parent.
- You are finding it difficult as a parent to navigate life's storms.



PARENTING TIPS

- Parenting is about trying your best, not perfection.
- Healthy eating, sunshine, fresh air, time with friends and relaxing is good for everyone.
- Learn to read your child's verbal and non-verbal cues to respond appropriately to their needs.
- Accept that you may occasionally misread your child's cues.
- Explore what kind of family you want to be by defining your goals, beliefs and values.
- Develop family traditions, share responsibilities, and make time for fun.
- Be open to advice, but remember every family is unique. What works for one doesn't always work for another.
- Maintain friendships while making new social connections through parenting groups and supports.
- If you are starting a new parenting partnership with your partner, you'll need to negotiate how you're going to parent together as a team.
- Respectful and clear communication is key for couples, remembering that you are both learning to manage the changes in your life.
- Tell your partner how you are feeling and listen to your partner. It's important to share how you're both feeling.
- Accept help and ask for support when needed.