



10 tips to make sure your child feels safe and protected

By Dr Andrew Wicking

1. Ensure your child feels safe and protected, at home, and away from home, at all times;
2. Provide opportunities to engage with young people and adults from the wider community;
3. Spend time together at home doing everyday things together;
4. Do not leave tasks to children alone but encourage them to do it together with you;
5. Get to know your child's friends and ask their friends to participate in family rituals and values;
6. Encourage your child to 'have a go' at new things where they develop new skills;
7. Give them responsibilities: allow them to plan and lead; engage them in useful tasks;
8. Involve your child in family decision-making;
9. Celebrate accomplishments;
10. Act as a positive role-model and seek other female and male positive role-models for them.

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