

Positive Parenting - Making Sense of Children's Emotions

Positive Parenting builds confidence in parents' abilities to raise mentally healthy children and teens.

We offer support to parents in the following areas:



Infants- Promoting development - Sleep patterns - Separation anxiety - Crying

Toddlers- Toilet training - Tantrums - Language - Wandering - Sharing - Bedtime problems - Whining - Disobedience - Independent eating - Hurting others

Pre-schoolers- Disobedience - Having visitors - Mealtime problems - Interrupting - Going shopping - Fighting and aggression - Travelling in the car - Tidying up - Separation problems - Nightmares and night terrors

Primary schoolers- Bedwetting - Chores - Swearing - Self-esteem - Homework - Sport - Fears - Stealing - Creativity - Being Bullied - Behaviour at school - Lying

Teenagers- Smoking - Truancy - Sexual behaviour and dating - Fads and Fashion - Eating Habits - Rudeness and disrespect - Coping with depression - Coping with anxiety - Drinking alcohol - Taking drugs - Money and work - Friends and peer relationships

If you are going through separation or divorce, please remember that children are affected by the ways their parents respond to the situation. If there is ongoing conflict and hostility between parents, it makes it much more difficult for children. When this occurs, children's well-being suffers and they are more likely to experience emotional or behavioural problems. Though distress is unavoidable when families break up, most children recover without long-term negative effects.

Some parents might need more time and more support from family and professionals in order to deal with the issues of separation and divorce in a way that still allows them to parent positively.

If you are looking for help that is expert, confidential and tailored to your needs please [contact](mailto:info@chirucounselling.ca) my office by phone 613-620-3642 or by E-mail: info@chirucounselling.ca