

## Parenting – how is it going for you during lockdown?

This time is all about survival and if you are beginning to feel rather jaded and lacking in energy, it may be that an online parenting course can give you some hot tips and a bit of a boost to keep you (and your children!) going until things move on to the 'new normal'.

Netmums [www.netmums.com](http://www.netmums.com) has an online parenting course, which is free and not at all demanding! You simply register and they send you a regular email with the latest instalment with a few things to try out as you go through the day.

For example, the first one is about '**Giving praise**' and I'm sure this can be difficult to remember in the tough times - though, as they say, 'Praise is Magic!'

The second one is '**Pay Attention to the Right Things**' which builds on the theme of praising your children.

The third instalment is, '**What behaviour should you ignore?**' Have a look at the website for more information and the additional topics they cover.