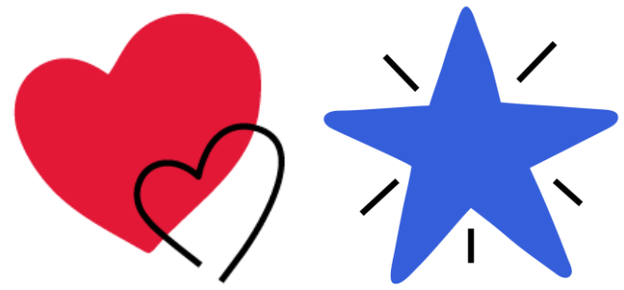
Role model

Sammen på vei
Nurse-Family Partnership©

Do you remember someone being a good role model for you when you were growing up?



What did this person do for you?

How can you be a good role model for your child?

What dreams do you have for your child?

Is there anything you would like to pass on to your child?

What kind of friends and social network would you like for your child?

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Role model

Put a ring around the qualities you would like to have as a parent:

Patient Kind Playful

Trustworthy Consistent Controlling

Loving Stable Flexible

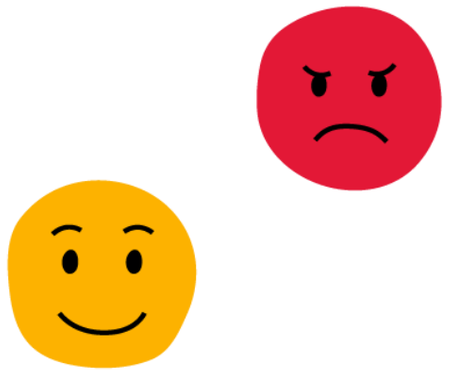
Fun Strict Wise

Caring Calm Authoritarian

Other qualities you would like to have as a parent:

Your actions show your child how to behave. Your child will do what you do. They will try and copy your mannerisms, your tone of voice, your language and your actions.
This means that the child will copy both your good behaviour and your less good behaviour.

What qualities would you NOT like to have as a parent?



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Role model

Who am I for my child?

- Pay attention to your child, so they feel loved and important
- Love is a question of TIME. Spend time with your child Take your child to new places. Do things with your child: play, sing and read to them
- Help your child to learn about the world

Teach your child to love and care about other people



Make each other good

- Being parents is not a competition to be the best, or to do the same things with the child
- Both parents are important carers for the child
- Family and friends can also be important supporting players. A child seldom has too many caring adults in their life!

If you are a single parent, being together with other adults and children can be a nice experience. It can help you and your child to see that things can be done in different ways.

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