



A REPORT ON PARENTING SESSION

A Parenting session was conducted by JHS counsellors Ms Sumathi & Ms Krishna on the topic “**Good Parenting**” and “**Good Touch Bad Touch**” for the parents of Pre Fundamental and Basic Fundamental (Orchid & Tulip).

Brief on the session are as follows:

Good Parenting: consisted of two parts

Parenting from the heart – Session on multi-facets of parenting

Ten Commandments of good parenting:

- What you do matters-Be a role model
- You cannot be too loving
- Be involved in your child’s life- do not do their home work
- Adapt your parenting to fit your child
- Establish and set rules
- Foster your child's independence
- Be consistent
- Avoid harsh discipline
- Explain your rules and decisions
- Treat your child with respect

Good Touch Bad Touch

Underwear rule

- Your body is your own
- Good touch Bad touch - The body chart
- Good secrets Bad secrets - People you trust-parents
- Prevention and protection are the responsibility of adults
- Reporting and disclosure
- Every child should have a safety network-prevention by good communication
- Known perpetrators / unknown perpetrators

What to do if you suspect abuse