



## Josephine Byrnes-Luna

Registered Professional Counsellor and Supervisor  
Nationally Accredited Mediator (NMAS)

Personal Professional Relationships  
Childhood Development and Parenting  
Collaborative Law – Family Law – Parenting Plans  
Careers – Planning – Advice – Transition – Students  
Workplace Mediation  
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Counselling & Mediation Services

YOUR  
CHILDREN  
CHILDCARE  
BEHAVIOUR  
AND YOUR  
TIME

JOSEPHINE BYRNES-LUNA

Your childcare  
provider / counsellor can  
help and support you  
through any difficult  
times.

As we move more from the traditional type of family (one parent at work and one at home) to the 'nuclear' family, where both parents work either full-time and/or part-time, there comes an obvious need for childcare.

In some instances this can come from other family members, predominantly grandparents. However more increasingly, particularly as our children get older and into pre-school years the child care centre environment becomes the more popular option.

Whilst parents work, it is the childcare providers at these facilities that look after our absolute treasures in life for the better part of the day. So it is important that we take the time to listen to these childcare specialists about what happens in our children's lives in their day.

At times balancing what is accepted at home and what is expected at your childcare facility can be a challenge, however working with your childcare provider will help.

Following are a few tips that will contribute towards the development and well being of your child(ren).

- Always remember that your children attending childcare remain your most precious gifts in life.
- The childcare providers who take care of your children for the best part of their day will know so much about your child(rens) needs, development and concerns.

- It is vital that as a parent you make dedicated time with your childcare provider each week. Spend a quality 10-15 mins discussing what is happening with your child(ren) – your treasured precious gifts.
- Take a minute now to think that this time is so very little out of an entire week (10-15 mins) to discuss the needs, developments and concerns of your child(ren). So little time for such significant gain.
- Spending this time with the childcare provider will keep you informed of your child(rens) developments, needs and any concerns. This is vital for their continued development and your parenting.
- Where there may be behaviour management concerns, your childcare provider will be more than willing to work with you to develop some strategies that will be workable and acceptable at home and at the centre.
- You then need, as a parent, to ensure that the strategies you have agreed upon are followed through both at home and at the centre.
- At your 10-15 mins meeting each week with your childcare provider include discussion about any improvements or further patterns noted.
- A counsellor can also help you to set up a behaviour management plan, provide support, and evaluate the process as necessary to keep you on track.

## TIMES FOR FURTHER ASSISTANCE

Sometimes further assistance maybe required for your child(ren) and your childcare provider will be able to provide you with any further information in relation to this.

When any further specialised assistance is needed, as a parent it is important to remember that seeking assistance sooner rather than later is always more helpful. Fundamentally it is about getting the best for your children's development, needs and care early.

We need to give our children the best start possible, particularly in their development years. Working closely with your childcare provider and/or counsellor can only contribute towards this.

They are there to help you and are specifically trained to do this. You will find they are approachable and will know a lot about your child(rens) needs, development and care. So make the time each week with your childcare provider to talk about your children.

**THERE ARE NO EXCUSES!**