



What kind of parent are you?

PARENTING TIPS

A new book hopes to make life easier for every parent. **Catherine Scott** spoke to Karen Doherty and Georgia Coleridge about how they discovered the Seven Secrets of Successful Parenting.

BETWEEN them Karen Doherty and Georgia Coleridge have eight children and they had a lot to learn.

"We weren't the only parents who were struggling: some of our friends were shattered from years of sleepless nights. Others were worrying because their children hated school and plenty more were panicking because their children refused to eat anything except junk food," says Karen.

So they read endless parenting books.

"The advice was great in theory, but it didn't tell us what to do when it didn't work. What do you do when you discipline your child and he laughs in your face and runs away? What about when you try to talk to him and he ignores you? Or when he refuses to eat the healthy food you've prepared and wants chicken nuggets?"

So they started a local parenting group.

"We found swapping information with other parents was incredibly useful. Then we got even more ambitious and everywhere we went we asked questions: How do you get to school on time? How do you get homework done? How do you get some help tidying up?"

As the anecdotes started pouring in, they were staggered by their ingenuity.

"We found so much great information, we couldn't keep it all to ourselves. We

realised we had more than enough.

"While our children were all at school, we chewed over it for weeks. Finally it all came clear – there is no one right answer – no one right way to be a good parent. Some parents are great organisers, others are far more hands off and laid back. Some are sensitive and good with feelings, some are enthusiastic and praise their child's efforts, others have natural authority," says Georgia.

They identified seven types of parents and worked out the secrets of their success. Parents instantly recognised themselves and were delighted to discover what they were already doing well. "For example, instead of feeling irritated by smug, organised parents who get their children to school on time with all the right kit, they felt inspired to find out how they do it," said Karen.

The pause parent

Doesn't overreact in a crisis. They know sometimes it's better to keep quiet and wait



There is no one right answer – there is no one right way to be a good parent.



ADVICE: Authors Georgia Coleridge and Karen Doherty, who have eight children between them.

until everyone has calmed down than to jump in and make matters worse.

The cheerleader

Focuses on their child's good points. They know it works better to motivate with praise.

The tuned-in parent

Understands a child's behaviour. They know that if he's misbehaving, there must be a reason.

The physical parent

Knows that when their child feels well, he usually behaves well. They make sure their child has plenty of good food, fresh air, sleep and cuddles.

The sorted parent

Thinks ahead and stays one step ahead of their child. They

are great planners and their children know what to expect.

The commando parent

Has natural authority and gets things done without shouting or nagging. They're good at giving instructions in a way that doesn't get their child's back up.

The laid back parent

Encourages their child to do things for himself. They don't try to control every aspect of their child's life.

■ *Seven Secrets of Successful Parenting* by Karen Doherty and Georgia Coleridge, is published today by Bantam Press, £12.99. To order a copy from the Yorkshire Post Bookshop, call free on 0800 0153232 or go online at yorkshirepostbookshop.co.uk. Postage and packing is £2.75.

Helping dads deal with their baby's birth

A SERVICE to help new dads has been launched in a bid to prepare expectant fathers for their new arrival.

Dad Cards with advice on everything from how to support a partner during pregnancy to paternity leave have been launched nationally. Scarborough midwife Jacky Robson says: "The arrival of a new baby is a daunting experience for dads who are often unsure as to what their role should be."

Jacky is a midwife with more than 20 years' experience and runs antenatal courses in York through her company, B4Baby, which specialises in weekend breaks for expectant mums and their partners at Middlethorpe Hall. Run in groups of no more than six couples, Jacky and her experienced team cover all aspects of pre-natal care including details about the signs and stages of labour, the choices of pain

relief that should be made available, aqua-natal classes and hypnotherapy.

Jacky's top tips for dads-to-be: ■ Think about your feelings well in advance of the birth – how do you feel about being present? If you are unsure, attending antenatal classes will help you prepare and give you confidence to know there is a place for you.

■ You play a key role in all stages of labour. Learn to massage to ease pain before

the birth and practice supporting your partner.

■ Go with the flow – you may be keen to practice breathing exercises and massage techniques, but once your partner is in the throes of labour, she may not liked to be touched.

■ Words of encouragement will help her through the birth, but don't be shocked if she shouts at you.

■ To find out about courses visit www.b4baby.org.uk

Tickets for Yorkshire's finest food festival are on sale NOW.

Channel 4 presents **taste of Leeds**
5-8 June • Millennium Square

Join the UK's top chefs when they come out to play.

Enjoy the freshest creations from the nation's finest culinary talent. Imagine a picnic with your friends. Now multiply it by thousands of people, invite the best restaurants in Yorkshire to contribute the food, and well informed wine companies to bring the wine, make sure some of the guests are famous chefs and organise some live music to eat and drink by.

You have got yourself a taste festival.

To find out more or to book tickets visit **channel4.com/taste** or call the hotline on 0871 230 5581

A fabulous showcase of fine food and drink where you can sample signature dishes, under one summer sky, from 13 selected restaurants from Yorkshire including: Anthony's • Casa Mia Grande • El Gato Negro • Harvey Nichols Fourth Floor • J Bakers Bistro Moderne • Malmaison • Orchid Restaurant • Rajput • Room • The Star Inn

There will also be a showcase of the Leeds bar scene with drinks served by the likes of Verve and Oracle.

Sainsbury's Try something new today | LEEDS GUIDE | Leeds Core Exchange | Evening Post | YORKSHIRE POST | Leeds Live it Love it | Channel 4

Celebrate Summer with Taste Festivals
TICKETS ON SALE NOW

Channel 4 presents **taste of Leeds**
5-8 June • Millennium Square

Join the UK's top chefs when they come out to play.

Enjoy the freshest creations from Yorkshire's finest culinary talent.

To find out more or to book tickets visit **channel4.com/taste** or call the hotline on 0871 230 5581

A fabulous showcase of fine food and drink where you can sample signature dishes, under one summer sky, from 13 selected restaurants from Yorkshire including: Anthony's • Casa Mia Grande • El Gato Negro • Harvey Nichols 4th Floor • J Bakers Bistro • Moderne Malmaison • Orchid Restaurant • Raj Put • Room • The Star Inn

Sainsbury's Try something new today | LAMAZZA | Leeds Core Exchange | Evening Post | YORKSHIRE POST | Leeds Live it Love it | Channel 4