

# “BEING A PARENT IS THE MOST IMPORTANT THING TO ME”

There are simple actions you can take to help support parents on the ward.

## A

### ACKNOWLEDGE THEY ARE A PARENT

Parents want their identity as a mum or dad to be recognised.

## B

### BE CURIOUS

Parents often want to talk about their parenting experiences and children.

## C

### CHECK IN BEFORE AND AFTER THEIR CONTACT WITH THEIR CHILDREN

Contacts can be positive or distressing (and sometimes both).

## D

### DROP ANY ASSUMPTIONS

Every parent's experience is different.