



Supporting Parents When You're New

How can I help parents and carers well if I'm not a parent or carer or I'm new to the role?

If you're not a parent or carer, or it's been a while since you had younger children, or if you're just new to the role, it can feel hard to be confident that you will be able to help them, whether that's with spiritual questions, general parenting or tricky situations.

The good news is that you don't need to be an expert in all of parenting. What parents and carers need is someone to journey alongside them rather than have all the answers. You can share what you do know, and do your best to help when you don't. Here are some ideas to help:

01 Key Ideas

- **Listen well.** When we are stuck, the first thing we need is for someone to listen well to us and that's something we can all do.
- **Look for others to support you.** You may have volunteers who can support you or other people in church. There may be people in churches nearby doing a similar role you could meet up with to get advice and ideas. Or join an online community such as Parenting for Faith's Facebook group for children, youth and families leaders.
- **Access training that will help.** Your diocese or denomination will often have advisors whose role is to support you, and to provide training. Parenting for Faith has team training videos and a bank of webinars for people working with children, young people and families.

02 Top Tips from Others

- Pray for God to guide you and ask others to pray for you in your role.

- The more you step out of your comfort zone, the more confidence you will feel.
- Know that you are called by God.
- If you are new or lack confidence, look for training to help you.

FIND OUT MORE

- › Parenting for Faith's Facebook group for children, youth and families leaders
- › Team training videos

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SPACE FOR YOUR THOUGHTS
