

## Parents put health first

Ensuring an active lifestyle the top parental concern

24<sup>th</sup> February 2019  
Sunday Mail Brisbane  
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BRATTINESS, dealing with bullying, and making sure kids have a healthy lifestyle are the top-three concerns Queensland parents are facing, a new survey has revealed.

More than 1000 parents took a state-wide, two-week survey as an annual check-in of what concerns Queensland parents of children aged 0-16 were facing.

*The Sunday Mail* has partnered with parenting experts at Triple P and Channel 7 to empower parents and let them know they are not alone in their struggles.

Making sure kids are healthy and active was the top parenting concern, at 58 per cent. Bullying was a close second, at 54 per cent, while 52 per cent were concerned about their kids being disobedient or disrespectful.

Triple P founder and clinical psychologist Professor Matt Sanders said raising children in a positive, nurturing environment with age appropriate rules and routines prevented and reduced child behaviour problems. "I'd like to also see a greater focus on the critical role parents play in educating their child on how not to be a bully, and how to be resilient and cope if they are being bullied," he said. "Respect for others and personal resilience are life skills that can be taught and can be learnt, and there is no greater teacher or role model than a child's own parent."

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