

Be the Best Parent You Can Be!

1. Know yourself and help your children to know themselves.

One of the most important things you can do for your children is to know yourself. For example, if you have a tendency to become irritable when things gang up on you, you're certainly not alone. Knowing when you get this way can help you avoid unconsciously taking out your frustrations on those around you. Knowing how your mood affects how you deal with your children is very valuable knowledge. As your children become mature enough to understand the impact of other events on your moods, you can make a pact with them to let them know when you're feeling pressure and ask that they also share their moods with you.

2. Give your children the gift of your time.

It's important to show your love every day by saying "I love you" and giving lots of hugs and kisses. But it is also important to set aside time with your child that they don't have to share with anyone/anything else. This is especially important when you have more than one child. We recommend a few hours each week for each child.

3. Practice Honesty and Consistency.

Consistency and truthfulness instill trust and respect in your children for you, and for what you tell them. One very important rule for parents is: *never promise anything you're not prepared to actually do.* This applies to discipline as well as rewards.

4. Praise your children & help them discover things at which they can excel.

Try to discover things at which your child can excel. Encourage these interests so that all that energy and curiosity will have an acceptable outlet. Find activities that help your child to learn self-confidence, teamwork and self-discipline... remember to praise them when they learn something new. Tell them you're proud of them when they behave well.

5. Make your children feel safe.

You can do this by comforting them when they're scared. Showing them you've taken steps to protect them. But most of all by providing order in their lives. Keep a regular schedule of meals, naps, bedtimes, curfews, rules, and chores.

6. Discover and Share.

New techniques that can help make you the best parent you can be are waiting to be discovered and shared. Seek new information on your child's development or new parenting techniques when you need them, and then share the knowledge you have gained with other parents who may need support!

Strengthen Families



Create Safe and Healthy Environments for Children

This message is brought to you by the Child Safety Collaborative. We are a voice to speak for the safety of children/youth and their families.