

## Positive Parenting

### ***Spending Time with Your Kids is a Plus!***

Be positive! The following parenting suggestions may help bring out the “best in your child.”

#### ***Boost their self-esteem.***

Be liberal with praise. Show your enthusiastic support for their activities.

#### ***Teach responsibility.***

Teach them right from wrong. In your discussions, use examples that a child can understand. Explain the importance of their actions and decisions.

#### ***Develop their creativity skills.***

Encourage your child to garner new experiences and to fully explore their ideas. Learn to experiment together.

#### ***Teach patience.***

Discuss and set clear expectations for their behavior but show your understanding when they fall short of goals. Discuss the challenges you faced as a child so they realize that obstacles are a part of life.

#### ***Build their confidence.***

Let them know how important they are in your life. Seek your child’s opinion. Acknowledge that they have value and that family members are a part of the team.

#### ***Teach boundaries.***

Express your love and concern for their safety and well-being. Communicate to them that the parents need to set rules for children to help them learn. Remind them that adults must follow rules also.

#### ***Develop their communication skills.***

Spend quality time together. Share story time sessions. Ask your children to discuss their day with you. Parents need to share their experiences with them also.

#### ***Build trust.***

Eliminate their fears. Avoid destructive criticism. Use appropriate methods of discipline. Learn to manage your anger.

#### ***Teach them to have a positive outlook on life.***

Encourage them to be happy. Celebrate each other. Show your sense of humor. Laugh a lot.

***LOVING AND SUPPORTIVE RELATIONSHIPS BETWEEN PARENTS AND CHILDREN IS THE KEY TO A SAFE, HEALTHY AND HAPPY FAMILY!***