



TIPS FOR PARENTS

We are not given a guide when we become parents and the way we learn is with experience and advice. This leaflet has been created with a few tips and advice to help deal with our children in a positive way



Remember that discipline is not punishment. Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

Play with your children. Being A parent is NOT just about their basic needs! Play with them. Let them choose the activity, and don't worry about rules. Just go with the flow and have fun. That's the name of the game.

Limit Screen time- Research has repeatedly shown that children with a TV in their bedroom weigh more, sleep less, and have lower grades and poorer social skills

(Limit the screen time to 30 minutes a day and always supervise what they are watching)



Quality time-Each child should have quality time with their parent at least 15 minutes where you are not interrupted, you can read a book, play a game or even cook together



Don't try to fix everything. Give young kids a chance to find their own solutions. When you lovingly acknowledge a child's minor frustrations without immediately rushing in to save her, you teach her self-reliance and resilience.



Talk about what it means to be a good person. Start early: When you read bedtime stories, for example, ask your child whether characters are being mean or nice and explore why.

Protect that smile. Encouraging your kid to brush twice a day with a dab of fluoride toothpaste will guard against cavities.

Encourage daddy time. The greatest untapped resource available for improving the lives of our children is time with Dad -- early and often. Kids with engaged fathers do better in school, problem-solve more successfully, and generally cope better with whatever life throws at them.



Ask your children three "you" questions every day. The art of conversation is an important social skill, but parents often neglect to teach it. Get a kid going with questions like, "Did you have fun at school?"; "What did you do at the party you went to?"; or "Where do you want to go tomorrow afternoon?"

Don't accept disrespect from your child. Never allow her to be rude or say hurtful things to you or anyone else. If she does, tell her firmly that you will not tolerate any form of disrespect.

Be the role model your children deserve. Kids learn by watching their parents. Modelling appropriate, respectful, good behaviour works much better than telling them what to do.

Say "I love you" whenever you feel it, even if it's 743 times a day. You simply can not spoil a child with too many mushy words of affection. Not possible.

