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The Nuts and Bolts of Good Parenting

- ❖ Children thrive when they have security, structure and stability.
- ❖ Trust between parent and child lays the foundation for parental authority.
- ❖ Be proactive, positive and preventive.
- ❖ Age-appropriate, clear, dependable and predictable expectations make it easier for children to learn.
- ❖ Do as you would have your child do.
- ❖ Kind but firm limits help children feel safe and secure.
- ❖ Say it, mean it and do it—be consistent.
- ❖ It may take many attempts for children to learn new behaviors.
- ❖ Small steps lead to big changes.
- ❖ Rewards are a more powerful incentive for learning than punishment.
- ❖ Reward for *effort* rather than success
- ❖ Expect ups and downs during any disruption to the normal routine.
- ❖ Teach your child self-reliance.
- ❖ Learning to cope with disappointment is a normal and necessary part of growing up.
- ❖ The sooner you set the foundation, the easier it is for your child to learn it.

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