

**AWESOME
PARENTING
TIPS**

(SHORT PREVIEW)

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1) Empower Kids with decision making skills:

Parents do not encourage their children to make as many choices as they ideally should.

Research shows that children who are given choices from a very early age start taking ownership of their life earlier. On the other hand, children who are not given many choices end up blaming and holding others responsible for problems they face.

Here are few ways to imbibe the sense of responsibility in your child and make them independent at an early age.

- If your child has confusion to choose between too many things, do resort to criticism, sarcasm or lectures when it turns out to be the wrong choice. Let them learn from their mistakes.
- To begin with give your child the choice in areas which are known to them. For example, you might give your child healthy choices for the meal planning for the week but you would not give her a choice about whether he/she is allowed to attend the school.
- Communicate with your child about the kind of things he would like to do during the certain period of time. Chat with the child and then work out a time that is convenient for both of you.
- Children can be short-sighted. There may be times when you may like to help them visualize the possible implications of their choice.
- Support your child in every possible way. Guide them in the correct directions. For example, if your child has done badly in the examination, ask questions that may turn wrong choices into learning opportunities.

2) Help your teenager to become mature

One of the most vulnerable age groups is definitely teenage. Children falling in this age group are invariably irritable, rebellious and headstrong. So, are you intimidated by all of these things? Well, don't be.

Here are some secure ways:

- **Talk to them in a mature manner**
Laughing or blinking of eyes, are just a few of the signs of immature teenage language. Observe whether you often include these in your conversations. If yes, avoid them.
Adopt a serious tone of voice and choose your words carefully.
- **Be a Great Example:**

Transform yourself into a role model. If you want your child to conduct himself gracefully, then you need to be personification of grace.

➤ **Give them responsibilities:**

Unless you give them responsibilities, how will they learn to handle them? Start out with simple tasks like watering the plants and cleaning their rooms. Do not entertain any excuses in this regard.

3) Create Right Atmosphere for Kids:

Every parent dreams of having smart kids. However there are ways to deal with kids and a right environment is required for the overall growth of children.

Here are few useful tips that would help your child to grow in right direction.

- Pull down your own level of hypertension. Children will be children, they will scream, make a mess, eat things that have fallen onto the floor and destroy your paperwork.
- Mealtimes can be extremely stressful. A baby will usually eat only what it wants. If your doctor says that the child is healthy; do not spend hours force-feeding, shouting, threatening or chasing your child.
- Disciplining a child grows more and more difficult in an age when television and other media are constantly throwing conflicting images at them about how to behave. Accept that your children can never be you they are the people of their own new world but set down a list of rules that they absolutely have to abide by.
- Build your support systems. Enlist the help of your relatives and friends to look after your children sometimes and give them a sense of family.
- Let your children play in the open air. Excess energy will be burnt off, the wind and sun will dance on their skin and hair and they will be relaxed and tired at the end. They will also be out of your way while you catch up on jobs that need doing.
- Keep-a-close watch on the company of your children. Older children need their peer's approval and to be seen as fitting in with their crowd. It will help if you are more a friend than a nagging critic.
- Involve your children in your hobbies. Teach them the intricacies of music, dance or opera, read them the news. Let them observe your world and how you function because you are powerful.

4) Things you should teach your child

Here are few certain values that you should develop in your children

As a parent, you would want your kid to follow certain values in life.

- **Respect must be earned:** It is only when you give respect that you can expect respect from someone. It is not something that can be demanded and it has to be earned.

- **Relationships require nurturing:** It is not enough to just love someone. Had that been the case then half of the divorces would have never happened in the world. A child must know that to make a relationship work, one requires a lot of patience, empathy, respect, care and constant nurturing.
- **Importance of Saying Sorry:** Sometimes, all it takes is a simple sorry to make things right. A child should know that saying sorry is a display of strength and one must never shy away from admitting his/her mistake.
- **Do not take anyone for Granted:** It is only when you lose something that you realize its real value. A child must understand that he should appreciate what he has.
- **Luck and Hard Work:** A child must know that you cannot just sit idle and wait for luck to open the doors of success. You must work towards your goal.
- **You win some, you lose some:** It's important to know what it feels like to lose. Guess what- most people don't win all the time. If a child has never known what it feels like to disappear in the masses, he or she will not be able to feel the thrill of winning. Getting a trophy or a ribbon every time does not only diminish the joy of placing first when it's your kid's turn, it also lessens the accomplishment of the people who actually won. This is not only true for winning and losing – it's valid in every part of our lives.

5) Important things to say to kids:

Words make the greatest impact. Simple phrases can help to gain your child's obedience and will enable you to teach those good habits and values they must know

- Parents are responsible for teaching their children important lessons of life.
- The child's mind is like wet clay: whatever he or she hears and sees leaves a lasting impression.
- They are innocent, sensitive and need lots of affection!
- You can place them in your lap and teach them values: try to talk to them instead of instructing them.
- As parents you need to spend quality time with them and also follow the same rules you are teaching your child if you want them to listen to you.

Here are some important things that you must say to your children.

➤ I love you:

- You can start your day by saying this to your child or you can plant a kiss on their little cheeks to show affection.
- This phrase might mean three simple words to you, but for your child it means a lot!
- Your affection reassures her or him.

➤ You win:

- An encouraging word always boosts confidence.
- If your child has won a race or completed a puzzle or game successfully, always say 'you win'.
- This will give the child a taste of success and what it means to become a winner.

➤ **Text me when you get there:**

- As parents, you are always worried about your child's safety, and why not?
- After all, they are our little treasure.
- It is a good idea to give them mobile phones to save yourself from a heart attack!
- Always tell them to text you "I'm here" once they reach their destination.
- This gives you some peace of mind.
- However, keep a tab on how your child is using the mobile phone.
- Your child is still immature and needs guidance, so keep checking their contact lists and messages without interfering too much.
- It is important to show that you care about their privacy.

➤ **How was your day?**

- As a parent, it is important that you show interest in their daily activities.
- Suppose you have sent your child to a daycare centre or school while you work; after coming back home, the first thing you should ask is, "How was your day?"
- It is always great to hear their little stories.

➤ **Never give up**

- When the child grows up, he has to join the rat race, so why not teach him how to take on challenges from childhood?
- Teach your child the importance of perseverance and patience when it comes to reaching their goals.
- You can also play puzzles and other brain games; this will not only help to keep the child's mind alert, it will also teach the child to take up challenges.

➤ **How are your friends?**

- Always try to know your child's friend circle.
- Know the names of their friends.
- It is said that the company a person chooses can make or break him.
- This is true, so keep a tab on the kind of friends your child selects.
- Your child may pick up both good and bad habits from their friends because they tend to emulate others, so correct their bad habits first.
- You can also arrange for parties at home and invite your child's friends to play team building activities.
- Your child will simply love this!

➤ **It's your choice:**

- As your child grows up, you have to teach them to make their own decisions and handle their own responsibilities.
- This will help to build their confidence, so say 'it's your choice' when you want them to make a call on something.

➤ **Tell the truth:**

- Teach your child the value of honesty.
- Children tend to hide things from their parents since they are afraid of being scolded.
- You have to persuade them to tell the truth always and teach them why it is important.
- This will make your child open up their secrets more easily.

Don't forget to say these:

- **I trust you.**
- **You tried and that is important.**
- **How can I help?**
- **Can I be your best friend forever?**
- **Tell me what you want.**
- **Parents have rules too.**
- **Tell me more.**
- **Whom are you afraid of and why?**
- **Never steal.**
- **Great question!**

6) How to be a Good Parent :

Five ways to foster self-compassion among your kids:

New research suggests that parent's obsession to build their child's self-esteem is distracting them from imparting a far more important life skill: self-compassion.

In fact, falsely boosting self-esteem has been linked to mental health problems like narcissism and emotional fragility. On the other hand, self-compassion is associated with resilience, enhanced energy levels and creativity.

Here are 5 ways you can help your child develop this important life skill set.

- **Tell Them The Truth About The Good Life:**

- Kids need to understand that some situations are just beyond our control.

- They need to have an accurate understanding that life is, and always will be, made up of both highs and lows.
 - As much as we celebrate the good, a chunk of growing up is learning how to accept the bad.
 - We often interpret suffering as some sort of failure.
 - But labelling suffering as failure gives the impression that it can be avoided entirely.
 - Good parenting is about giving kids opportunities to learn how to deal with their emotions and helping a child understand him or herself as a social-being.
 - To be successful adults, kids not only need to learn how to care for themselves and others but also how to ask for help.
- **Judge The Behavior, Not The Child:**
 - Critique a child's behavior, not his character.
 - This distinction makes it less likely that the child will confuse his actions or accomplishments with his self-worth.
 - Likewise, saying 'that was a smart idea' may be better than saying 'you are brilliant'.
 - The most important job of a parent is to make a child feel intrinsically worthy, no matter what his accomplishments or failures.
 - As parents, you want to completely accept your child for who he is (and not who you want it to be), but you don't want to honey coat things.
- **Be A Good Role Model:**
 - Likewise, you as a parent must become someone whom they can look upto.
 - Modeling self-compassion – and not modeling self-criticism – is of utmost importance because kids watch their parents for ways to deal with life.
 - If they see their parents beating themselves up, that message is stronger than anything a parent preaches.
 - Don't worries being compassionate with yourself will not, as most people erroneously think, turn you into a lazy, worthless person.
 - On the contrary, people who are self-compassionate often have more equanimity, are better liked, work harder and have higher standards than people who are critical of themselves.
 - When kids learn to compassionately regulate and care for themselves, it can take them far ahead in life.
- **Shape Future Behavior, Rather Than Punish The Past:**
 - Extreme punishment, like spanking or grounding for six weeks, teaches kids you should treat yourself harshly when you do something wrong, and offers little instruction on what to do when similar difficulties arise again.

- Kids then grow up to be harshly self-critical, which saps energy and motivation levels, and undermines their quality of life.
 - How parent respond to a child's failures and successes influences the internal model the child develops for him or herself. Kids start to play back that recording.
 - So also, compassionate discipline starts by understanding the child's point of view and then helping the child change harmful behaviors.
 - The goal is to build habits and social skills that will serve the child well in the end.
 - For instance, if a kid hurts his friend's feelings, he should feel bad about it, reflect on the pain he has caused and think about ways to avoid such behavior in future.
- **Try Training Wheels :**
 - Few studies suggest that finding the key to a happy and successful life is resilience (being able to rebound in face of difficulties).
 - And the key to resilience is self-compassion.
 - Parents can walk children through the steps of compassionate self-treatment by first helping them become mindful of their own emotions and reactions.
 - This involves listening to the kids patiently and helping them find labels for what they are feeling.
 - Likewise, expressions of sympathy are also helpful: "How crappy!" perhaps.
 - Parents must also point out that these experiences are universal.
 - Finally, parents can discuss actions that may help a child feel better immediately (a hug, a walk, punching a pillow) and in the long run (planning ahead, learning patience, asking to share.)