

## **Good Parenting Skills 101**

Parenting is a skill and it's a hard one to learn at that. Being a parent is a joyous thing, but good parenting skills are something that you have to continuously work at. You will never be a "perfect" parent, because we all mistakes. Here are a few tips to ensure that you are being the best parent that you can be.

### **1. Show Love**

Always give your children a lot of love. Tell them "I love you" and make sure they know that they are special to you. Provide them with a lot of hugs and kisses and always be there when they need a shoulder to cry on.

### **2. Listen When Your Child Talks**

Listening to your children really stresses to them that they are important. No matter how strange or ridiculous it may be, listen to your child's stories, ideas and complaints. When you listen to your children then they know that you are interested in what they have to say. Don't just pretend to be listening, as children can quickly see that you are really not that interested and that you are just pretending.

### **3. Make Your Child Feel Safe**

Children are defenseless in life and things they don't understand or are scary to them may easily scare them. Comforting your child at every stage in life will provide them with the security they need. They need to know that you are there for them and that you will protect them. They also need to see that you have taken steps to protect them.

### **4. Provide Order and Organization**

Children need a regular and daily schedule. They need to have meals, naps and bedtimes at consistent times throughout the day. When they come home they need to do their homework and their chores before they can play. Before they go to bed then they need to take a bath, brush their teeth and get their school supplies ready first. When they get up in the morning they need to eat breakfast, get dressed, brush their teeth, get their belongings together and then they can use any extra time they have for television or a game.

### **5. Praise Your childhood**

Praise and small, but often, praises are important for children. They need to now that they are doing well and that you are proud of them. Use frequent pats on the back, smiles and a thumbs up when you see them doing what they are supposed to be doing or when they are doing something well. Too much praise

can quickly appear to be fake praise and your children will not appreciate it as much.

## **6. Criticize Bad Behavior**

You don't need to tell your child, "You were bad." In most cases they already know this and they probably knew it when they did whatever it was that they did. Instead, explain what the child did that was wrong. Explain to them that what they should have done instead.

## **7. Consistency is Key**

Your rules don't have to be the same rules you had when you were growing up, but whatever rules you choose to have need to be enforced on a consistent basis. This goes for mom and dad, family members and baby sitters. If two parents are raising the child, then they both need to have the same rules.

## **8. Spend Time with Your Children**

Children thrive on the time they get to spend with their parents. Little trips to the park to play with the dog or reading before bedtime will go along way with your children. Many bad behaviors stem from a lack of attention on the parents part and the child is simply trying to get your attention.

If you need help developing good parenting skills, then there are several resources available to parents. Parent coaching can provide you with a parenting skills assessment and will help you develop a parenting skills curriculum that can be utilized on a daily basis.