

Top 10 Quick Parenting Tips



Priceless
Parenting

1. Control your reaction to your children's behavior; do not try to control their behavior.
 - Tell children what you will do, not what they have to do.
 - Trying to control their behavior often leads to power struggles.
2. Set limits around any children's behavior which is causing problems.
 - Set limits that teach children boundaries around appropriate and inappropriate behavior.
 - If a limit is not effective, you will see the child's behavior continue and escalate over time.
 - Set limits around time spent on TV, computers and video games.
3. When responding to misbehavior:
 - Lead with empathy, not anger. Make it sound authentic.
 - If you are angry, calm down before deciding on a consequence.
 - If you're not sure of an appropriate consequence, delay the decision. Tell your child you're upset and need time to think it through.
 - Find consequences that relate to the misbehavior and allow children to learn from their mistakes.
 - Consider asking your children what they think an appropriate consequence would be.
 - Avoid lecturing, yelling, threatening and spanking.
4. Let children do the tasks they are capable of doing.
 - Giving your child increasing responsibility is essential to their growth and your sanity!
 - Guide children to solving their problems, don't solve it for them!
 - Hold your children responsible for doing some household chores.
5. Only make promises you are certain you can keep.
 - Do what you say you will do.
 - Avoid idle threats.
6. Turn a "no" into a "yes" by adding a condition.
 - "Yes, you can have a cookie after dinner."
 - "Yes, you can go outside just as soon as your clean laundry is put away."

7. Give children control on your terms by providing plenty of choices.
 - Only give choices you can live with.
 - Be sure you are willing to let your child live with the consequences of their choice.
 - If the child does not choose fairly quickly, make the choice yourself.
 - Do not give choices when your child is in danger.

8. Guide children through solving their problems without solving it for them.
 - Start with empathy.
 - Ask your child what he/she plans to do about it.
 - If your child isn't sure what to do and wants ideas, provide a couple ideas. Ask the child what the consequences will likely be for each choice.
 - Express confidence in their ability to solve the problem.

9. Practice really listening to your child.
 - Stop what you are doing and look at your child.
 - Avoid criticizing, analyzing, diverting, reassuring, providing logical arguments, lecturing, ordering and giving advice.

10. Enjoy your children and the time you have with them.
 - Show appreciation for the positive things your children do.
 - Hug your children every day and tell them how much you love them.
 - Find activities everyone in the family enjoys together.
 - Build family rituals around holidays and special events.

For more information on any of these concepts, check out the [online parenting classes](#).