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parenting is a process that prepares your child for independence as your child grows and develops there are many things you can do to help your child these links will help you learn more about your child s development positive parenting safety and health at each stage of your child s life parenting advice 50 easy ways to be a fantastic parent we ve gathered our all time favorite parenting tips from our board of advisors in one outstanding article that will have a profound 1 boost your child s self esteem kids start developing their sense of self as babies when they see themselves through their parents eyes your tone of voice your body language and your every expression are absorbed by your kids your words and actions as a parent affect their developing self esteem more than anything else key aspects of positive parenting include validating your child s feelings and experiences encouraging and praising good behavior avoiding harsh punishments for unwanted or unacceptable 1 respect your child s autonomy and independence allow them to make choices and to make their own mistakes when possible let them choose the clothes they wear their play activities and the parenting tips listen to your kids stick to your rules be a good role model control your emotions be flexible show lots of love listen to your kids have you ever been so busy that you don t realize your kids are talking to you don t worry it happens to the best of us 1 enforce the rules house rules and boundaries do more than keep you sane they also help a developing child feel stable and secure an effective parent is clear about what a child is and is not allowed to do the chores that they re expected to complete and how they should treat other people and pets in the home making a happy home a paradox of parenting is that kids typically need less from their mothers and fathers than the adults realize what they need though is essential love emotional positive parenting tips sel in homes and communities sel strategies for parents ways to engage in your child s school to support student health and learning last reviewed august 2 2023 source division of population health national center for chronic disease prevention and health promotion help them empower themselves confidence and self motivation are important aspects of mental toughness which means your kids shouldn t be dependent on other people to feel good about themselves if you or someone you know is experiencing a mental health emergency and needs immediate assistance call or text 988 suicide crisis lifeline call or text 1 833 852 6262 national maternal mental health hotline call or text 1 800 944 4773 postpartum international support call 911 or go to the nearest emergency room parents are the frontline public health workers they nurture and support supervise and teach healthy habits make sure their child is safe and supported in their community and help their child get the education and health care they need parenting can present many joys and challenges 38 parenting tips every new parent needs new parent here are some helpful nuggets of wisdom from our advisors and other parents insiders that are sure to come in handy by david sparrow by ensuring parents have an easier time receiving communications from the school it will help school leaders gain buy in for goals and initiatives help teachers foster the parent engagement desired in the classroom and help students get the support they need from their families 1 focus on the reason behind the behavior even though it may be frustrating in the moment there are always reasons why children misbehave since children are not as sophisticated at expressing their emotions as adults any expression of emotion is reasonable to them building resilience the ability to adapt well to adversity trauma tragedy threats or even significant sources of stress can help our children manage stress and feelings of anxiety and uncertainty however being resilient does not mean that 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