



POSITIVE PARENTING

Parenting is both exciting and challenging! As parents, we want the best for our children and want to help them grow up to be happy, healthy, confident, caring and responsible men and women.

But parenting is also hard work! We are our children's first and most important teachers, and children learn and grow every day, from the time that they are very young. How can we be most successful as role models and mentors to our children? It's not always easy, but our everyday behavior can be the most powerful positive influence on our children.

- ✿ Be a good example. Children watch us and are very aware of our reactions. If they hear us yelling or losing our temper, they will get the message that it is okay to react in anger.
- ✿ Emphasize intelligence, hard work, independence, and perseverance in your children. Show them how to deal with disappointment and to learn from mistakes and move on.
- ✿ Teach your child healthy competition and fairness. Encourage the exhilaration of winning, but do not always "let" your child win. Winning helps build confidence, but losing is okay too, and learning how to deal with it helps build character and resilience.
- ✿ Praise good behavior. Always make it a point to notice when your child is doing the right thing.
- ✿ Teach your child the skills to handle peer pressure. Demonstrate, with your own actions, how to resist negative influences and risky behaviors. Talk to your child about sensitive issues like drugs and sex, and his or her right to say "no."
- ✿ Discuss current events. Depending on your child's age, talk about what is going on in your neighborhood and around the world. This helps them to understand that they are part of a larger community and society.
- ✿ Support and encourage friendships with others from all backgrounds. Help your child learn the value of diversity and how to treat others respectfully.
- ✿ Limit access to violent shows and video games, and watch movies and TV with your child. Help your child understand right from wrong, as well as reality from fantasy.
- ✿ Let go and build trust between you and your child. You won't always be there to tell your child what to do. Your goal should be to have children who make good choices when they are NOT with you.
- ✿ Don't be afraid to admit to your child if you are wrong or have made a mistake. It will help them learn honesty with themselves and others.
- ✿ Be loving, available and consistent with your children. They, and you, deserve it!

Every parent struggles from time to time! Ask for support and help from family, friends, neighbors and professionals when you need it.

FOR ADDITIONAL INFORMATION

For parenting support, call Prevent Child Abuse Georgia's 1-800-CHILDREN (244-5373) or send an e-mail to helpline@preventchildabusega.org. Helping parents provide the best possible care for their children is just one way we are working to prevent child abuse. ***Preventing child abuse is the work of everyone, every day.*** Join our efforts.