



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.

Parenting is 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 for your children. 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 OK 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 OK 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 drugs, sex, and her right to say "no."
- Don't let bad behavior slide. The longer any child is allowed to get away with something, the more difficult it will be to break the habit later.
- 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.
- Teach children social skills and manners so that they can be comfortable in their community with a wide variety of people.
- 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 for 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 More Information

Call our Helpline at 1-800-CHILDREN to talk about these and other positive parenting tips.

The Helpline is available Monday through Friday from 8 a.m to 8 p.m. You can also e-mail the Helpline at helpline@pcageorgia.org.

**Helpline:
1-800-CHILDREN
(244-5373)**

E-mail: helpline@pcageorgia.org