



Enriching Lives

POSITIVE PARENTING TIPS THAT FOSTER SELF-WORTH IN CHILDREN

Becoming a parent is a lifelong role that consists of continuous shaping that is analogous to a potter's work. Parenthood provides parents with the most rewarding and challenging task in one's lifetime. Developing effective parenting skills is vital in raising an emotionally well-adjusted child. Therefore, positive parenting tips will be explored to address the question, "As a parent what can I do?"

- **Unconditional love** is a concept that children desperately rely on. You convey to your child that they will be accepted and loved for who they are. Communicate your love through hugs, kisses and heartfelt words such as, "I love you."
- Practice the **language of love and respect**. Express to your child how important they are. Simply tell them, "You mean the world to me." Modeling love and respect will teach your child how to reciprocate love and respect.
- **Catch your child being good**. Notice the positive behavior your child engaged in and praise it specifically. For instance, "Mommy is glad that you made your bed." Taking the time to highlight the positive behavior informs your child that you care. It also encourages your child to engage in positive behaviors.
- **Active listening** is a skill that gives your child the chance to share what they are experiencing. It entails a non-judgmental stance and assists your child in identifying and expressing their emotions. As a parent, you need to create an honest and trusting atmosphere in which your child will feel safe in divulging their most vulnerable thoughts and feelings. For example, "Daddy's concerned about your grades, let's talk about it." Your goal is to help your child feel heard, understood and protected.
- **Create opportunities for kids to contribute**. Organize activities so that your child feels needed and valued. Engaging in pro-social behaviors provides your child the opportunity to experience competence. For example, allow your child to help wash the table, even if it takes longer or does not meet your standard of cleanliness.
- Provide **extra-curricular activities** for your child to become *involved* in. For example, joining a sports team helps your child develop social skills, a sense of mastery and self-efficacy.

Remember, your child is counting on you to help them develop a sense of worth and confidence.

For more information, please contact Dr. Drecun at Dr.Drecun@a4ct.com or (858) 792-3541.

ASSOCIATION FOR COMPASSIONATE TRANSFORMATION

12526 High Bluff Drive, Suite 300 / San Diego, CA 92130
Phone: 858 792 3541 / Fax: 858 792 3542 / www.a4ct.com