

As a parent, you are the most important person in your child's life. Research tells us that effective parenting styles can make a difference. Better understanding on how to communicate with, guide, and relate to your child are the basic tools all parents need to raise independent, confident, healthy and happy children. Parenting is about making the best choices. No one said it was going to be easy.

Here are some quick tips to start you on your journey to being a great parent.



Communication

- Children can easily tell if you're paying attention, so be patient and listen carefully.
- Focus on the positives in communication rather than negatives.
- Use car rides or dinner to chat about friends, school, or the future.
- Children should be allowed to talk and participate in family conversations.



Guidance

- It's important to help your child learn to take responsibility for their schoolwork, so guide your child in finding a homework routine.
- Help spark your child's desire to keep doing his best by telling him you appreciate his talents.
- Make sure you know where your child goes online and what she is playing or watching. Teach her to never give out personal information without your okay.
- Role model a healthy lifestyle for your child. Actions do speak louder than words.



Relationships

- Play board games with your child. They'll love it and it teaches them about fairness and equality in other areas.
- Foster good relationships with neighbours in order to surround your child with positive role models.
- Children need to feel that they have a useful role in the family and community, so involve your child in decisions that affect the family.

It is important to believe you can be a great parent!
