

# PARENTING WORKSHEET

## YOUR 10 POINT GUIDE ON HOW TO BE MORE EFFECTIVE

### 1. BUILD UP YOUR CHILD'S SELF ESTEEM

A child's self-esteem is a vital facet in helping our children to become an emotionally healthy adult. A child's self-esteem will determine how much that child values themselves and will be the foundation in all decision making. For example, a child with a positive self-esteem will believe they can achieve more than a child with poor self-esteem.

### 2. HELP YOUR CHILD TO UNDERSTAND THE 'WHY'

It is important that we do not raise robots, but living, breathing individuals with intellect. We are obligated to explain the 'why', to help them make and process decisions and develop their own reasoning. For example, if we tell our child to brush their teeth every morning and they protest, we should discuss with them the consequences of such an action both the physical and the social implications, to help them make the right choice the next time.

### 3. SPEND QUALITY TIME WITH YOUR CHILDREN

With any relationship, especially with our children, for it to develop and grow we need to give it the due care and attention. The problem we all experience as parents is the pull of responsibilities against the pull of the attention needed from our children when they are around us. The key is to find a healthy balance and remember that it is an investment that will pay off as our children start their careers become parents themselves.

### 4. SET LIMITS AND BE CONSISTENT WITH DISCIPLINE

Children need routine and discipline to help them understand the world around them. There needs to be a consistent effort on our behalf so that they develop the right habits earlier on in life. For example, children should have a bedtime and it should be the 'norm' to keep their bedtime, and only on very special occasions they can deviate from that norm.

### 5. GIVE UNCONDITIONAL LOVE

This is a tricky one because when our children speak or act out something that is negative and deserves discipline, the tendency is to see the child as a 'bad child' when we should focus on the 'bad behavior'. Once we have implemented their discipline, we need to show them love and affection as if it had never happened.

### 6. BE THE PERSON YOU WANT YOUR CHILD TO BE

We are the primary role model for our children. Everything they see us do in the home they mentally record and learn from them. For instance, if at home the family always has dinner around the table, then when they have their own family, they will be inclined to ensure that the same routine will apply.

### 7. NOT EVERY NEGATIVE BEHAVIOUR NEEDS TO BE ADDRESSED 'NOW'

Just like in a household each person has varying levels of responsibilities; likewise a child is still learning and growing and wouldn't be held as responsible for their actions as a fully grown adult would. Sometimes there are behaviors we can let slide 'for now' especially if they are not blatantly dangerous or unhygienic. This will lower the amount of times we 'tell off' our children.

### 8. EXPRESS YOUR LOVE AND AFFECTION

We can never give a child 'too much love'. The idea is to show our children love by our commitment to that child. Whether it means we have to go out of our way to attend their play in school, or just to sit and listen to their problem when we have 101 things we need to do, these actions mean the world to our children.

### 9. KNOW YOUR STRENGTHS AND WEAKNESSES

Every parent has strengths and weaknesses related to parenting. Your strengths may be your ability to plan and arrange events and parties related to your child's birthday, or you may be great at ensuring all your child's extracurricular activities are in the diary so they don't clash with other appointments. The idea is to use your strengths more and work around your weaknesses to help your child become a priority.

### 10. USE YOUR SUPPORT SYSTEM EFFECTIVELY

Be it your parents, extended family, your neighbors or a support group in the area. Use your support group as part of your plan in bringing up your children in the best possible way. Whether you need a break and want to go away for a week, or whether you want to spend quality time with your spouse, your support system is there to help you to raise your child effectively.

# || ACTION PLAN

	What am I currently doing?	What can I do more of?	How long will this take me before I make it a habit?
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<b>HELP YOUR CHILD TO UNDERSTAND THE 'WHY'</b>			
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<b>SET LIMITS AND BE CONSISTENT WITH DISCIPLINE</b>			
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