

PARENTING TIPS



- 1. Each child is unique and grows at different speeds.** Remember that your attitude towards your child affects his/her self-esteem and self-confidence.
- 2. Recognize and respond to your child's cues.** Learn from the sounds, expressions, and movements your child makes. This will help build strong attachments.
- 3. Establish family-friendly rules, daily routines, and responsibilities.** Structure, activities, and a sense of accomplishment are reassuring to your child and help them learn.
- 4. Talk, read, and sing to your child as much as possible.** These interactions help your child learn and grow.
- 5. Encourage play and exploration** to help your child learn, grow, and explore the world.
- 6. Be aware of how your child watches television and plays video games.** You can watch television or play video games together, be selective about what they are watching and playing, and make sure the time they spend is well balanced with other activities.
- 7. Foster independence in your child.** Encourage them to set goals and make their own choices.
- 8. Communicate in a clear manner.** Listen carefully before you react. Remember your child can't read your mind.
- 9. Use discipline as an opportunity to teach.** Provide consistent and loving adult supervision and teach your child limits. Save "no" for times when you really need it and follow through.
- 10. Choose a quality childcare provider or babysitter who is devoted, kind, and attentive.** Stay involved!
- 11. Be good to yourself.** You deserve it!