

Positive Parenting.

Positive parenting focuses on enhancing the good behavior of your child while building a relationship full of love, trust, and understanding. The following simple tips from our parenting expert can go a long way.

Be Yourself.

We all make mistakes. Embrace them. Be authentic with your children. The times when parents needed to be an image of perfection are gone. Connect to your kids through authenticity, let them see your imperfections. After all, positive parenting starts with parents!

The truer to yourself you are, the best example you'll set for them. They will understand that life can be challenging sometimes and that the best we can do when facing those challenges should be good enough. You'll be happier and your children will be happier.

Apologize.

More on the line of being authentic. Apologize to your children when you make mistakes, and apologize to others in front of your children.

Set the example.

Let them see that we all make mistakes and that we need to take action for those mistakes we make. Make sure you always tell them what you are apologizing for, and what the expected behaviour should have been. So, instead of a plain "I'm sorry", try saying: "Screaming is not the right way of controlling my emotions. I should remain calm, I'm sorry."



Make eye contact.

Have you talked to someone while they're texting? Even if they are listening to you, you can still feel isolated or ignored. Making eye contact means forgetting about the rest of the world for one moment and giving your child your wholehearted attention. And they can feel that, no matter their age. They will feel empowered to share more, and it also helps their self-esteem.

Find other ways to say no.

Can you think of other ways to say "no" than by saying no? Try to turn the situation around, if your child wants ice cream before lunch, trying saying something like: "You can get ice cream on Saturday, we'll make a day out of it!"

Keep your "no's" for situations that could be harmful to your child, so they understand the importance of staying safe.

Keep your cool.

By remaining calm you can lead by example, and show your child how to handle their emotions. You can assess the situation better, you can motivate your child to understand if they are being unreasonable, and you'll avoid that guilty feeling after a fight. Of course, this doesn't always work. All of us lose our temper sometimes. And that's part of the first point: we're all human.

Hold your kids.

Hugging someone you love releases dopamine and serotonin, which helps to calm you and regulate your mood. Hug your kids as much as you possibly can. Make a habit out of it, and see your relationship deepen and become stronger.

Set a positive example.

If you have a baby at home, you'll notice how much they watch you. As they grow older, that doesn't change. Children learn by example. They will imitate what you do, and adopt your values.

If you practice compassion, communicate openly, and keep calm, you are paving the way for your child to be a kinder person.

Make time for your children.

Where possible, put some time aside to play with your child. Be there, be present, and engage with them fully. If it's not possible for you to do it on weekdays, then schedule some time during weekends. Even 5 minutes on weekdays makes all the difference.

Describe your children positively

If a parent describes their children in negative ways, that parent is reinforcing that negative behavior. Your child may overhear you commenting on how their room is always messy, for example, and they might internalise that information instead of seeing it as something they can work on with your support.

Reinforce Positive Behaviours.

If you can catch a positive behaviour on the spot, and reinforce it by congratulating your child and telling them how proud you are, you'll start seeing a great deal of improvement in their discipline.

This goes hand in hand with describing your child in positive ways, and it's a much more effective way to discipline your child than to punish the bad behaviour.

