



Welcome back to Purposeful Parenting Month!

Purposeful Parenting is very important as it supports a child's growth and quest for independence. Each week we will provide a few tips and tricks related to:

- Parenting Techniques
- Mindful Decisions
- More Accountability
- A Way of Being

This week's topic **Mindful Decisions...**

- Instead of just pointing out what the child did wrong, show them how to do things the right way. For example, instead of placing your child in 'time-out' for hitting someone, you might place them in 'cool down' and allow them to talk through the situation when they are ready to (great for preschool children). Or try a 'time-in' and perhaps read a book with them until they are ready to talk with their friend or apologize.
- Don't allow your child back into the situation until they are ready to behave in a positive way.
- This form of "gentle discipline" allows kids to not misbehave by not placing them in situations where they are likely to do so.
- These mindful decisions teach children that actions can be bad choices, but they are not bad.

Source: [Dr. Mary Ann Franco](#), a license licensed marriage and family therapist at [Argosy University](#)

Sponsored by:

