



## 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

### Let's get started! **More accountability...**

- Instead of immediately resorting to punishment as a redirection for a bad behavior, hold the child accountable for their actions by making them explain how their negative actions can impact and hurt others
- Boundaries cannot be implemented if there is no clear definition of what the boundaries are
- Children call out for clear boundaries by being loud, upset, testing limits, etc.
- Having clear, and mutual expectations, it is easier for both parent and child to know what is expected from the other

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

Sponsored by:

