



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! A way of being...

- The more you practice attentive listening, rule implementing, and accountability, the more these will become routine.
- A key component of executing purposeful parenting is being in tune with what you value and believe in.
- Purposeful Parenting is about being able to engage with them in a way that you didn't in the past. You get on their level and get interested in whatever they are doing at the time, while bringing your true self to the table.
- Make it a goal to spend quality time with your child. No cell phones, no talking with friends, no interruptions and instead you are fully there whether it is for 5 minutes or 5 hours.

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

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