



Welcome 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! **Parent Techniques for all ages...**

- NO means NO. Once you have said "no" to a child's request, do not change your mind. This tells the child that NO doesn't mean no, it means maybe.
- Once a child starts to whine or have a tantrum, do not engage the child. Let your child know you are there to listen when he/she is ready to talk. Do not engage until he or she can speak to you in a proper voice (not whining, crying, or throwing a tantrum). If you respond to children when they are whining and crying it unknowingly reinforces the whining behavior.
- Ask them only once. If you have to repeat yourself multiple times when asking your child to do something, your voice will be muffled. Ask once and only once. If your child ignores you, follow through with a consequence.
- Try to spend alone time, one on one time, with each child, every day. It doesn't have to be hours each day. It can be 15-30 minutes of complete attention directed to your child and only your child. That means NO TV, cell phones, or computers. Instead, spend time talking, reading, and playing games in the backyard.
- Exercise as a family. Bike rides, hiking, and walking have a dual purpose: you get to spend time as a family but you are also teaching the kids that physical activity is essential to good health.
- Make sure your children have daily household chores. This is important for each child. It gives children a sense of self when they become part of keeping the household functional. They also feel important because they have job. Having chores also helps children learn what it means to take responsibility.

Source: Dr. Mary Ann Franco, a license licensed marriage and family therapist at Argosy University

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