

# POSITIVE PARENTING

*by Sudha Gupta*



Be proud of your child for what he is. Do not link your status in society with his achievements or failures.

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Help your child cultivate the habit of reading by spending some time in your daily routine reading yourself. It is an invaluable habit, for life.

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Praise your child for the effort, regardless of whether he wins or loses. This will help him tackle failures positively and work continuously towards his goals.



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Don't worry that your children  
are not listening to you. Worry  
that they are 'watching' you.  
Be their role model.

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Saying 'No' too often can negatively impact your child's self-confidence. Offer alternative solutions or logical reasons for denying a request.

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Don't make promises  
you cannot keep. Too many  
broken promises will make  
your child lose trust in you.



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Do not over-parent children.  
Give them space and let them  
solve some of their problems  
on their own.

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Appreciate your child's little acts of courage. It will strengthen her emotionally and prepare her for life's big challenges.



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Rewarding children every  
time they do something good  
is harmful in the long run.  
Long-lasting change happens  
only with internal motivation.

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Set age-appropriate boundaries for your child, like when to go to bed or eat. However, while enforcing them, always be calm and considerate.

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The most precious gift you can give to your child is your time and attention. Even if you have limited time some days, make sure he gets your undivided attention.



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Show faith in your child's inherent goodness and she will blossom into a well-behaved child. Focus on rewarding her good deeds, rather than criticising bad ones.

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Teenagers enjoy being treated as adults. Seek their inputs and suggestions, even during general family decisions, and they will feel respected and cherished.

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Allow your child to make mistakes.  
Let him realize that a mistake is  
not a mistake as long as one learns  
from it.



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Appreciate every effort your child makes, regardless of the outcome. This will inspire her to keep trying.

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Do not shield your child from every upsetting situation. It will make him unfit to handle the reality of life.

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Never ridicule the dreams of children. Handle their imagination tenderly to make them confident.



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Do not expect your child to behave like an adult. Children cannot sit quietly or concentrate on one thing for too long.

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Don't lose your temper or yell at your child. You are only showing the kind of behaviour you want to discourage in your child.

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When you discipline your child, make it clear that it is the behaviour that you are condemning, and not him.



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A few words of encouragement can work magic on your child's self-esteem. Appreciate her when she succeeds but more importantly, acknowledge the effort she puts in.

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If you made a mistake in front of your child, admit it. It will strengthen his trust in you.

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Don't tell your child how to do things. Tell her what to do. You'd be surprised at how she finds her own ingenious methods of doing them.



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Never use fear to make your child do something. It could lead to phobias and emotional imbalance later in life. Love, not fear, is the key to a child's healthy development.

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Respect your child, irrespective  
of his age or size.

He too has a self-esteem;  
he too has feelings like you.

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Never talk about your child's teacher with disrespect. The moment the child sees his parents make fun of the calibre or the authority of his teachers, his listening towards his teachers stops. And so does his learning.



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A time will come when your child will spend more time with T.V., friends and clothes than with you! Accept and respect these changing needs of your child. It certainly doesn't mean that love has vanished.

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A little patience can make all the difference between wanting to be good parents and actually being one. Whenever you are about to lose patience with your child, just pause and remember your own childhood!

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Respect the view point of our child. His saying 'No' to you doesn't mean he is undermining your authority but has a view different from yours.



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If you want your child to accept his mistakes, first you apologize. Be humble when you talk to the servants of the house if you wish your child to be a good human being. Lead by example. Remember, you are your child's role model.

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It is important to develop in your child the ability to take right decisions. But it is more important to develop in him the courage to face life when the decisions go wrong.