

“Parenting is an Art”



☞ Reach out to your little one

- When children react but do not respond, you should allow children to express their feelings but set limits on the resulting behaviour
- They should be allowed a simple mechanism to vent out their feelings
- Lead by example, when children see their parents managing their time & emotions well, they learn too.



Be TUNED IN to know more.....

For more guidance & tips email to - parenting@wellnessway4u.com