

“Parenting is an Art”



☞ Keep the communication lines open

- Win the child's trust, talk to him/her instead of being preachy
- Self-confidence can be inculcated by encouraging the kids in what they

are good at

- Sharing at least one meal a day can make a difference and spending more time together matters.



Be TUNED IN to know more.....

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

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