

Effective Parenting – August 2025

Summary of "The Book You Wish Your Parents Had Read" by Philippa Perry

Primary

Sr.No.	Parameters	DOs	Parameters	DON'Ts
1	Foster Emotional Safety	Create a safe space for your child to express their feelings and thoughts without fear of judgment.	Value Emotions	Avoid invalidating your child's emotions or experiences, as this can lead to misunderstandings and emotional disconnect.
2	Encourage Open Dialogue	Maintain honest and open communication, allowing your child to discuss their experiences and concerns.	Accept Imperfection	Don't strive for perfect parenting; instead, aim for a supportive and understanding approach that acknowledges human imperfection.
3	Model Problem-Solving	Demonstrate how to approach challenges and conflicts constructively, helping your child develop their problem-solving skills.	Guide with Respect	Avoid using fear or intimidation as a disciplinary tool; instead, focus on guiding and teaching.
4	Recognise and Validate Emotions	Acknowledge and validate your child's emotions, helping them understand and manage their feelings effectively.	Care for Self	Ensure you take care of your own emotional and physical well-being to maintain a balanced and effective parenting approach.
5	Be Consistent Yet Flexible	Apply rules consistently but be flexible in understanding and accommodating your child's needs and developmental changes.		
6	Support Independence	Allow your child to make decisions and learn from their experiences, fostering a sense of autonomy and responsibility.		

By following these guidelines, you can create a supportive and nurturing environment that promotes your child's emotional well-being and personal growth.