

## **Top 10 Parenting Tips for Resilient and Successful Kids**

1. Give each child 3 hugs a day with an encouraging word or two. These few minutes will pay you back a thousand fold.
2. Yell less. It can be done! When we yell, things are heading out of control. Unless their safety is at stake, try to find another way.
3. Create some routines. For weekly meal planning and who does what chores when, routines are essential for kids to know what to expect and how to plan their day.
4. Give limited choices that you can live with. i.e. “Would you like eggs or oatmeal for breakfast?” not “What would you like for breakfast?”
5. Let the kids take more ownership of their homework. If you like, explain your goal to their teachers.
6. When there is conflict between you and your child, remember that you are trying to win an agreement, not an argument.
7. Be willing to acknowledge with grace the significance of your child's comments/ideas. Let them know their opinions matter.
8. Children learn to be respectful by being respected, not by being told “be respectful”. Give it a try and see what happens.
9. Parent for the long term, not just to get through the day. For independent, responsible children, give them lots of opportunities to be independent and responsible on a regular basis.
10. Give your child a voice and a say and some empathy when their requests cannot be met. A little understanding goes a long way towards easing the sting of “no”.

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