

POSITIVE PARENTING

As a parent, you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for future independence. As your child grows and develops, there are many things you can do to help your child thrive.



one-on-one time.

Take time to focus solely on your child each day. Spending time with them gives children the positive attention and emotional connection they need.

focus on bedtime.

Kids need a lot of sleep to feel their best. A well-rested child is a well-behaved kid and can function better throughout the day, including school.

stick to routines.

Kids flourish with a routine, so set clearly defined routines for the most challenging times of the day, like mornings, after school, mealtimes and bedtimes. Let your kids help decide how the routine will go. Then stick to it!



infant inspiration

Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



toddler tales

Encourage your child's growing independence by letting him/her help with dressing himself and feeding himself. Let your child explore and try new things.



preschool power

Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.