



Wings

A Weekly Newsletter for Families

February: Week 4
Parenting Tips

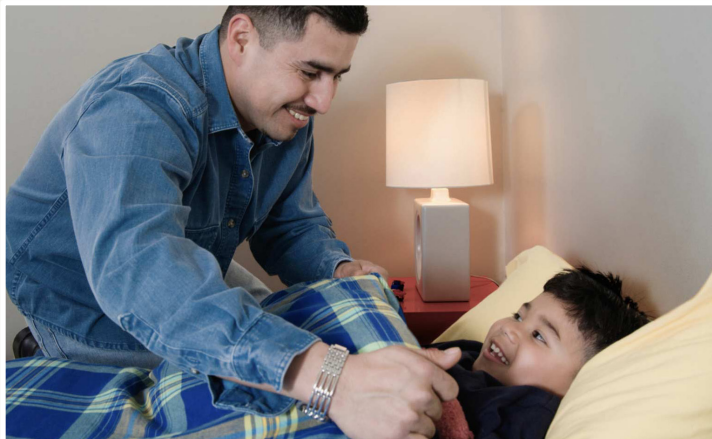
“It is easier to build strong children than to repair broken men.” – Frederick Douglass



Parenting Habits to Develop While Your Kids Are Young

Parents have the most influence when children are young. By the time they become teenagers, kids are significantly swayed by friends, teachers and even pop culture figures like singers and actors. So while your kids are young, make a habit of doing some positive parenting activities.

- Eat dinner together
- Put away your phone at the table and when you drive
- Set aside time to talk about your child's day
- Make physical contact
- Make a point of knowing what technology and apps your kids use - and make sure they know that you know!
- Spend time with your kids' friends
- Understand their interests
- Find a hobby to share
- Tuck them into bed
- Let them fail (and succeed!)



•• INFANT Inspiration

Get on a Schedule - Sometimes it's necessary or just a good idea to create a schedule for an infant. It can give you some predictability in your day, and help you balance meeting the needs of your baby and the rest of the family. Your infant's well-being comes first, so in addition to following your gut instincts, talk to your doctor.

•• PRESCHOOL Power

Promote Independence - Teachers say preschoolers can do more than we give them credit for. To encourage them, let them do what they can for themselves, don't redo what they've already done and let them solve simple problems. Assigning your preschooler a chore can make them feel like a capable, contributing family member.



•• TODDLER Tales

Avoid Temper Tantrums - The best way to deal with temper tantrums is to avoid them in the first place. To do this, try giving your toddler control over little things, like whether to have an apple or a banana for a snack. To prevent frustration when kids are trying to master a new task, offer age-appropriate toys and games or start with something simple before moving on to more challenging tasks.

