



# Wings

A Weekly Newsletter for Families

April: Week 4  
**Parenting Tips**

“Govern a family as you would cook a small fish – very gently.” – Chinese proverb

## What’s Your Parenting Style?

The way you and your partner approach decisions about your child – from where they sleep to discipline issues – is your parenting style. Do you see yourself in any of these descriptions?

- **Authoritative or positive parents** set up rules and expect kids to follow them. Rules and limits guide children in behaving properly inside and outside the home. Authoritative parents are willing to listen to kids’ feelings and concerns and problem-solve together.
- **Authoritarian parents** have high expectations for behavior, but are not interested in hearing their child’s opinions of the rules. These parents don’t negotiate on rules.
- **Permissive parents** are responsive to children, set few rules and have flexible expectations. These parents play the role of friend, not their child’s leader or advisor.
- **Attachment parents** are highly responsive to kids, day and night. Their priority is to create a secure, trusting parent-child bond to help kids gain trust and confidence. These parents set limits in a nurturing way and believe in non-physical discipline.



Decide which style works for your family and don’t worry about what others think of it. Be consistent. But every so often, take a step back and think about how your style is working and if it’s time for a change.

## •• INFANT Inspiration

*Cues and Signals* – Learning what your baby needs is a process of trial and error, but here are some common cues babies use (besides crying, of course) and what they mean:

- Yawning, rubbing eyes - I’m tired
- Licking lips - I’m hungry
- Arching back - I’m overstimulated or uncomfortable
- Smiling, eyes intently focused - I’m ready to interact

## •• TODDLER Tales

*Shoes for Active Toddlers* – Look for comfortable shoes with nonskid soles, like sneakers, that will help keep your toddler steady on slippery floors. Check the fit about once a month – the top of your child’s big toe should be finger-width distance from the inside edge of the shoe. Buy well-made shoes – but don’t spend a lot of money, because children’s feet grow fast and they’ll outgrow a pair of shoes every few months.

## •• PRESCHOOL Power

*Playing Roles* – Kids this age like to assign roles and play make-believe using imaginary and household objects. This type of play helps them learn how to take turns, pay attention, respond to each other’s actions, and communicate through actions, expressions and words.

