

7 Tips for Parents:

1. HALT. Never let yourself get too hungry, angry, lonely, or tired. A parent who is rested, has good nutrition and emotional support is a better parent.
2. Take a parenting class to increase your parenting skills. When we learn better we can do better and our children deserve the best we can give them. Every community has parenting classes either at the hospital, college or the social services department. Look them up online.
3. Keep a parenting book handy so that you can use good tools. I recommend Positive Discipline by Jane Nelsen Ed.D. or Parent Effectiveness Training by Thomas Gordon.
4. Start talking to your children now about developing problem-solving and communication skills so they learn how to care for and share with others. A good parent is actually a good teacher.
5. Develop a community of caring family members, friends and neighbors so you can be there to support one another. It does take a village to raise a child.
6. Provide a good example for your children for how you want them to behave. Your children are always watching you, even when you think they're not. They will always do what we do as opposed to what we say.
7. Families and communities that have spiritual ties have better physical, emotional and mental health. Develop a positive spiritual community for you and your family.