

Don't compare/make fun of your children

Demonstrate: Balanced and healthy responses while you are angry/irritated/tensed.

Know about their friendships and show genuine interest in them; don't belittle their friends.

Your children are not means to satisfy your unfulfilled wishes; they have their own desires and dreams.

People learn from mistakes; **let your children have their share of mistakes**, so that they learn from them.



**NATIONAL INSTITUTE OF MENTAL
HEALTH AND NEURO SCIENCES**

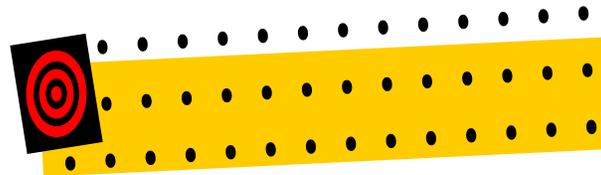
Department of psychiatric Social Work

NIMHANS CENTRE FOR WELLBEING

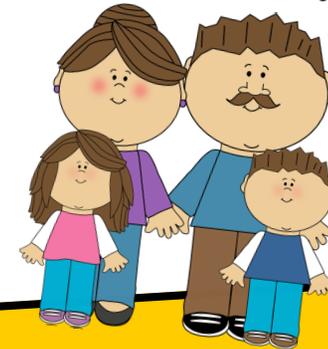
**1/B, 9th main, 1st phase, 1st stage, BTM
Layout, Bangalore-76**

Phone- 080 26685948/ 9480829670

Email- nimhans.wellbeing@gmail.com



EFFECTIVE PARENTING



Tips for Effective Parenting

Parenting is enjoyable and exciting yet exhausting and challenging phase of life. Often it is done on a trial and error basis, especially when no experienced and trustworthy elder is around during the process of childcare.

Parents need to be supportive and create a positive environment for healthy development of children. Here are some suggestions that would help parenting

Quality time: Set aside considerable time for your children and focus on bonding. Learn to maintain a health balance between work and parenting.

Believe in your child: Believe in his/her talents, assets and their ability to correct themselves.

Appreciate your child: Encourage the acceptable behaviours; praise not only for their achievements but also for their efforts. Your appreciation and encouragement of positive behaviour will help reducing unwanted behaviour.

Every child is unique: Respect the uniqueness and individuality of your child by identifying and talking about it: build confidence in them.

Listen to your child, whether it is practical or not: understand their views, their problems and difficulties; assist them to understand why some ideas are impractical

Let children know that life has shades of grey and compromise could be a solution to situations: use negotiation as a key tool in relating with your adolescent.

Express yourself. Express and demonstrate, appropriate to the child's age, your love, care and concern to your child.

Share the happy memories and challenging events of your childhood with them.

Avoid arguments and fighting in front of the children and even it does happen, don't forget to show the child how you healthily you resolved the conflict situation

Explain and reason out the changes you desire in them: Unless you explain they may not know why they should change.

Set rules and limits: have family rules in terms of timing, activity etc. for the whole family (coming back from school, game, work, TV time, food time etc.) and you set the model behaviour.

Ignore: Don't focus too much on "Not so good" behaviour.

