



Happy Parenting  
Empowering your family



**Be your child's Best Friend, Philosopher  
and Guide**

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# **1. Happy and Loving Family Give Happy and Loving Children. ( For husband and wife)**

- ❖ **Love and take care of each other.**
- ❖ **Understand and respect each other.**
- ❖ **Be aligned and solve problems in private.**
- ❖ **Spend time together. Play any sport or game. Don't forget that both of you are still a happy married couple.**
- ❖ **Create love, trust and understanding amongst all members of the family.**
- ❖ **Always remember ! For a child parents are one unit. It is painful for a child to witness that mamma and papa don't share a good relationship with each other. The child is the one who is most impacted when the homes are broken.**

## **2. Love your child unconditionally. It raises the self-esteem of your child high.**

- ❖ **Your love should not depend on your mood. Learn how to master your mood.**
- ❖ **Your love should not depend on your child's achievements.**
- ❖ **Children need love, even when they make mistakes or fail to do something.**
- ❖ **Give lots of hugs and kisses. PHYSICAL TOUCH is very important. It works like a tonic.**
- ❖ **Your Love for your child is constant. The Grades/Marks of your child are variable.**

### 3. Set reasonable expectations

- ❖ Accept your child the way he is , as every child is unique and has his own interests and potential.
- ❖ Enhance your child's strengths, find out his readymade DNA, his passion and improve upon his weaknesses.
- ❖ Never pressurize but encourage and inspire.
- ❖ Don't compare your child with sibling or anyone by labeling them as superior or inferior. Personality begins where comparison ends. Remember that every child is special.
- ❖ Don't take your child as status symbol.

## 4. Appreciation is a magic wand

- ❖ Praise genuinely and lavishly.
- ❖ Praise efforts also and not only results.
- ❖ Focus on what your child is doing right and not only on what he is doing wrong.
- ❖ Don't give 'Labels' to your child – SHY, SLOW, NAUGHTY, etc.
- ❖ Don't nag, ridicule or criticize. Criticize with a helpful attitude just like a coach criticizes his player to improve his performance.

## 5. Magic of communication

- ❖ More than your talking your child needs your listening.
- ❖ Understand and respect his feelings and views.
- ❖ Your relationship will be such that your child shares everything with you without fear.
- ❖ Sometimes when your child says 'NO', it doesn't mean he is disrespecting you. It means he has a different opinion.

MOTIVATIONAL SPEAKER / STUDENT COACH

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❖ **Take 10 or 15 minutes out from your busy schedule once or twice in a week. Sit with your child. (NO SMART PHONES, NO CALLS. ONLY YOUR CHILD'S TIME). Listen to him/her attentively by nodding or looking into his eyes by touching his shoulders. Ask what is going on in his life. Motivate him. Tell your child that s/he is not alone. Give positive feedback and constructive criticism with a smile. It will work like a magic. Your child will be yours forever.**

## 6. Give freedom in a controlled environment

- ❖ Don't overprotect.
- ❖ Give your child freedom to behave like a child.
- ❖ Give your child freedom to make choices.
- ❖ Give your child freedom to take decisions.
- ❖ Give your child freedom to think and dream big.
- ❖ Give your child freedom to BE WHAT HE WANTS TO BE.
- ❖ Remember your child will never become a leader if s/he is not given freedom.

## 7. Let your child learn from failures.

- ❖ Let your child make small mistakes.
  - ❖ Let your child take small risks.
  - ❖ Let your child face disappointments sometimes.
  - ❖ Let your child face consequences and handle the situations.
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- ❖ Accept the failures of your child, as failures are part of life. Make them understand that all the time he will never hit a century.
  - ❖ Express your trust and not disappointment especially when your child faces tough time.

## 8. Instill Values

- ❖ **Compassion and generosity.**
- ❖ **Attitude of gratitude – THANKFULNESS.**
- ❖ **Regards (grandparents / family/ teachers/ neighbours.)**
- ❖ **Sensitivity towards environment and society.**
- ❖ **Patriotism**
- ❖ **Social values, Ethical Values, Scientific values, Constitutional Values.**
- ❖ **Teach them to respect women and their independence.**

## 9. Your quality time is the biggest investment in your child's future.

- ❖ Nothing and nothing can substitute your time.
- ❖ Quality vs Quantity time
- ❖ Be a one minute parent. (One hug, one kiss, one pat on the back will do the magic).
- ❖ Both mother and father play an important role.
- ❖ Working parents are equally powerful.

## 10. Say NO to punishment.

- ❖ Never hit the child.
- ❖ Never discipline the child in anger.
- ❖ Don't use fear as a tool to discipline your child. It will shake the confidence of your child.
- ❖ Never punish your child by locking your child in a room. It's too risky.
- ❖ Divert attention / Explain logically / Be firm but polite
- ❖ Empower not overpower your child.