

8 PARENTING RULES - 1

**1. REWARD GOOD
BEHAVIOUR**

Not bad behaviour - sounds obvious, but is the most common mistake. It doesn't take children long to notice they get more attention from being naughty than being good.

**2. LISTEN TO YOUR
CHILD**

If children know they will be heard, they will say only what they need to and have confidence in doing so. Many parents ignore what their children have to say and children wind up with little self-esteem.

**3. SPEAK, DON'T
LECTURE**

Nobody feels like responding to nagging.

**4. CONSISTENT
BOUNDARIES**

Making sure your children are aware of your rules gives them a firm sense of security. Never make exceptions, and form a united front with your partner so that the whole family is clear about them.

8 PARENTING RULES - 2

5. GIVE CHOICES

Rather than telling your child to put on a hat, ask which one he or she wants to wear. If your children have some control over their own actions, they are much more likely to obey you.

6. COMMENT

Comment on your children's actions even when they are just playing. It gives children a sense of being valued as well as increasing their vocabulary.

7. DON'T DO WHAT THEY CAN DO

Don't do for your children what they can do for themselves. The only way to learn is through practice.

8. USE TIME OUT

When all else fails, use "time out". If you're at your wits' end from your child's behaviour, sit them somewhere away from you, on a stair or in another room, while you both take "time out" to calm down.

The theory is that if children know they have to sit somewhere boring if they behave badly, they won't do it. It also stops you both from losing control.