May 2022

Parenting Tips

May 1
Adults are often influenced by peer pressure, too. Talk to your children about a time you felt pressure and how you handled it.

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Parenting Tips

May 2
It may be helpful for each parent to spend time alone with each child. Find an activity that is enjoyable for just the "two of you". This can help show your children that they are each an important part of the family.

#FLPTA100

Parenting Tips

May 3
Provide clear and reasonable rules for your children. Be consistent and back up the rules with consequences.

#FLPTA100

Parenting Tips

May 4
Many studies show that teens who are most sexually active usually are the least well-informed about sexual behavior. Information about sexuality is the key to preventing teenage pregnancy.

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Parenting Tips

May 5
Take your child to the library regularly. Librarians are good sources for providing suggestions for high-interest books at appropriate grade levels.

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Parenting Tips

May 6
Express your values to your children. Describe the experiences that determined your values, the decisions that led you to accept certain beliefs, the reasons behind your feelings.

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Parenting Tips

May 7
If your child talks about his/her concern about the environment, make a family effort to recycle and buy recycled items.

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Parenting Tips

May 8
Plan times when your child can "accidentally on purpose" overhear you say something nice about them to someone else.

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Parenting Tips

May 9
Speak to our children frequently about the dangers of drug use. Sitting your children down for a one-shot talk will do little good. Be consistent. Use TV shows, newspaper articles and movies to start discussions.

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May 2022

Parenting Tips
May 10
Teach your children how to say “I love you” in the language from each country of your ancestors.

Parenting Tips
May 11
Explain the need for school bus safety. Remain in seat while bus is in motion, keep aisles clear, keep arms inside, remain quiet and be alert to traffic when entering and leaving the bus.

Parenting Tips
May 12
“Let’s try it together.” Children who think they have to do things perfectly are often afraid to attempt something new for fear of making a mistake or failing.

Parenting Tips
May 13
Try to include older children in discussions about events that are in the news. Talk about why different events are happening. Give the children background information to help them understand.

Parenting Tips
May 14
Try to spend one night a week together as a family to play board or card games. This helps promote good sportsmanship, reading skills, math skills and companionship.

Parenting Tips
May 15
Be careful not to describe your child as a “problem child”. It is better to explain that your child has a problem with a particular activity.

Parenting Tips
May 16
Teach your children to enjoy recreational activities and develop hobbies and interests. These activities may help them avoid trying drugs to have fun and reduce boredom.

Parenting Tips
May 17
Try to understand that feelings are always okay, while the behavior as a result of some feelings may not be okay.

Parenting Tips
May 18
Praise your child daily for something specific that your child has done that day. A strong hug and sincere praise tells your child that he/she is “OK.”
May 2022

**Parenting Tips**

**May 19**
Be aware of how your own use of alcohol can influence your children. Avoid using excuses for drinking, like having a rough day. They will notice how much you drink.

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**Parenting Tips**

**May 20**
Expose your children to helpful ways of dealing with feelings. Let them see how you channel your frustrations, happiness, sadness, stress, and depression. Do you sew, play sports, read, take a walk? Let them see you use positive ways to handle your feelings.

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**Parenting Tips**

**May 21**
A young child needs about ten hours of sleep a night. Set a regular bedtime for your child and stick to it.

**#FiPLta100**

**Parenting Tips**

**May 22**
Teachers and parents need to work together in order for your child to be successful in school. Bad communicating before any problems arise.

**#FiPLta100**

**Parenting Tips**

**May 23**
Effective families have several common characteristics, such as: a family dream of success for the future; household rules, clearly understood and consistently enforced; involvement with school/teachers; and hard work as the key to success.

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**Parenting Tips**

**May 24**
Ask your child to tell you about his or her friends. Make a point to meet their parents. A network between the parents can help keep the children protected from the temptation of untruths.

**#FiPLta100**

**Parenting Tips**

**May 25**
Parents customarily receive little or no training in preparing children to be healthy and productive adults, but when parents are successful, they perform a service from which everyone benefits.

**#FiPLta100**

**Parenting Tips**

**May 26**
If you have a hard time seeing good behavior in your child, ask someone to help you look. Work together with a friend, neighbor or your child’s teacher.

**#FiPLta100**

**Parenting Tips**

**May 27**
Homework is given for the child’s benefit. Do not do it for him/her. Ask questions that will provoke your child to think toward the answer. Discuss the assignment and review with them.

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May 28

Parenting Tips

Encourage your children to express their feelings. Instead of saying, "Don't feel sad about losing the game," try saying, "I know you feel sad, but I am proud that you tried."

May 29

Parenting Tips

Give your undivided attention when your teenager wants to talk to you. Do not read, watch TV, fall asleep or make yourself busy with other tasks.

May 30

Parenting Tips

If you are going on a trip without your children, leave little notes where they will find them at different times— in a drawer, on a desk, in a cabinet, etc. EX: "Have a nice day," "I love you," "I miss you," "I'm thinking about you."

May 31

Parenting Tips

Ask your child to pick a number from 1 to 10. Then deliver that many kisses and hugs.