Parenting Tips

August 1
Cuddling with your children and a good book shows them how much you love them, as well as how much fun it is to read.
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August 2
When you are too troubled to sleep, try writing down three things that you can do the next day to help solve the parenting dilemma that worries you.
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August 3
When traveling try to allow time for stops at historical markers, "Honey for Sale" signs, unexpected scenic routes and welcome stations as you enter a different state.
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August 4
Children need to learn personal responsibility. Give your children meaningful tasks for which they are accountable. Help and encourage them along.
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August 5
Being a parent can be very stressful. You can set a good example by finding healthy ways of relieving your own stress, such as, regular exercise, talking with other parents in similar situations and spending time taking care of yourself.
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August 6
Spending time with your children is the most important thing that you do.
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August 7
Beware of the stress created by trying to live up to the myth of the imaginary "perfect family."
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August 8
Set clear rules about homework and study time. Plan for breaks and phone call. Reward and discipline fairly and consistently.
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August 9
Involve your children as much as possible in making family rules and decisions. Children are less likely to break rules that they helped establish.
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**Parenting Tips**

**August 10**
The following information may be helpful to your child's teacher: Family structure, health problems, family problems or concerns, amount of TV viewing, interests of child and morning routine.

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**August 11**
Many parents see their children as small adults and become frustrated and angry when they act like children.

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**August 12**
Take calculators with you when you go shopping with children. Let them use the calculators to keep track of the cost of your purchases.

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**August 13**
You can instill an interest in math by playing games that deal with such things as logic, reason, estimation, direction, classification and time.

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**August 14**
Give your child a hug and a smile whenever you greet him/her. Be sensitive to your child’s feelings about this during adolescent years.

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**August 15**
Here's a way to limit the amount of TV your child watches. Give each child "TV Tickets", each good for 30 minutes of TV time. When the tickets are gone, the set if turned off for the rest of the week.

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**August 16**
It is important to distinguish between the child and his behavior, between the act and the actor. "We like you, but we do not like what you are doing."

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**August 17**
Discuss experiences and feelings with your child. Be open and non-judgmental so your child will learn to trust you with his/her fears, fantasies, plans and dreams.

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**August 18**
Try waking your child gently in the morning. Use soft words, a gentle touch and a kiss.

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**Parenting Tips**

**August 19**
Forming a step-family is a big change. Do not try to change things too quickly. Try to let children continue their regular routines, if possible.

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**August 20**
Hide “I love you” notes in places that your children will find when you are not with them. For example: under their pillow, in their lunch-box, in their usual chair, etc..

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**August 21**
Keep teachers informed of events that might affect your child’s behavior or performance – a family illness, the death of a pet, a move to a new home, the arrival of a new sibling, etc.

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**August 22**
It is important to educate your child about the physical changes they should expect to happen during puberty. These changes will not be as scary if they are a little prepared for them.

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**August 23**
One of the major roles of a parent is to be an encourager. Look for opportunities to recognize effort and improvement in your children.

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**August 24**
Sometimes children want to show us their love when we are busy or angry with events from the day. It’s important to let them show their love for us when they want to.

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**August 25**
Let your children see you do things for your spouse, parents or significant friends. This helps show them how much you love and treasure the people that are important to you.

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**August 26**
Each parent needs to spend time with each child alone. Vary the activities depending on that child’s interests and needs.

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**August 27**
Keep your sense of humor. It can work wonders with children and can help you through the challenges of parenting.

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Parenting Tips
August 28
Try not to assume that your adolescent is well informed about sex. They may be dangerously ill-informed, yet uncomfortable asking you questions.

Parenting Tips
August 29
Use games to help your child learn how to solve problems. Play tic-tac-toe in reverse so that the winner will be the one who forces the other player to get three “X’s” or three “O’s” in a row, column or diagonal.

Parenting Tips
August 30
Let your child see you at school. Volunteer in the library, cafeteria, for sporting events, classroom tutor, or speak for career day. This tells him/her that school is important.

Parenting Tips
August 31
Praise a child for good behavior and accomplishments. Let the child know you appreciate his or her efforts.