September 2022

**Parenting Tips**

**September 1**

Teachers and parents need to work together to do a first-class job in the classroom. Working together, you and the teacher(s) can help your child have a successful school year.

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**Parenting Tips**

**September 2**

Compliment your children often. Positive reinforcement helps children to grow, learn and feel good about themselves.

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**Parenting Tips**

**September 3**

When reading to your child, strive for a balance between fairy tales, and more reality-based children’s literature. Encourage your children to make up their own stories.

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**Parenting Tips**

**September 4**

The traits in infancy that support learning later are confidence, curiosity, purposefulness, self-control, ability to relate, ability to communicate and to cooperate.

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**Parenting Tips**

**September 5**

In addition to helmets, bicycle riders should wear light colored clothing that is close fitting. Headphones will hinder ability to hear traffic and should not be worn.

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**Parenting Tips**

**September 6**

Seek out and enjoy your child’s company. Show pleasure in your child’s characteristics and abilities.

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**Parenting Tips**

**September 7**

Adjust the amount of information you give to the age of the child. A five-year old does not need the amount of information that a twelve-year old needs or wants.

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**Parenting Tips**

**September 8**

Give your children opportunities to practice making decisions. For example, choosing a site of a family outing, what clothing to wear, and dividing chores fairly.

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**Parenting Tips**

**September 9**

When the stress of parenting seems overwhelming, try talking to a friend or seek counseling. It is good to share your feelings and find out that others do care about you and your children.

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September 10
If we want our children to do the right thing, we must be able to speak openly and straightforwardly with them about issues that really matter. (Ex: drinking alcohol, having sex)

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September 11
You may feel excited about a second marriage, but your child may secretly wish the first family could be magically reunited. Discuss with your child and be sensitive to your child's feelings.

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September 12
Encourage your child to keep a journal. A very young child can record events with drawings while you write explanations about activities.

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September 13
Visit a farmer's market or fresh fruit and vegetable stand. Let your children help pick the fresh produce they would enjoy eating.

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September 14
Play time can be learning time. Fill your sink with water. Let your child find objects that sink and some that float.

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September 15
In order for teens to become independent and responsible, they must learn to make decisions for themselves and accept the responsibility for their decisions.

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September 16
Create some of your own family traditions. Ex: A family hug where everyone huddles together and shares hugs and kisses, go for a walk together during a warm summer rain, etc.

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September 17
When you tell your children to do something, do not follow it with, "Okay?" Ask him or her, "Do you understand?"

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September 18
Divorce presents challenges for children, but it does not have to do permanent damage. Try to openly discuss your children's feelings about divorce. Make sure that you do not use your children as a weapon against your former spouse.

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Parenting Tips
September 19
Avoid power struggles with your children. You expect cooperation from your child and your child expects you to be fair.
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Parenting Tips
September 20
Begin a private library for each child by giving them a hardback copy of one of the classics every birthday. You can start before they are ready to read.
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Parenting Tips
September 21
In your efforts to limit passive TV viewing, be sure to have alternatives ready. Read independently in the same room. Have a family “read together” time. Pursue a hobby together or play a musical instrument.
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Parenting Tips
September 22
Your opinion is important in your child’s school. Parents and schools share the same goal to provide a quality education. Schools depend on the advice and participation of parents.
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Parenting Tips
September 23
Respect your children’s privacy. Many preteens and teens are afraid their parents will discuss what they say with others.
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Parenting Tips
September 24
Breakfast is the most important meal of the day for your child. Students will perform better with the significant nutrients that a healthy breakfast provides. Most schools have a breakfast program.
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Parenting Tips
September 25
Join the PTA. The collective voices of the over 7 million members in the USA help promote the welfare of children in home, school, community and place of worship.
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Parenting Tips
September 26
The secret to avoiding morning chaos is to get organized the night before. Try to handle permission slips, lunch money, repairs to clothes and homework assignments before bedtime.
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Parenting Tips
September 27
Most child development specialists will agree that a parent’s constant touching, talking to, and cuddling of an infant provide the nurturing that is critical to the baby’s emotional and intellectual development.
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Parenting Tips

September 28
Always use seat belts and properly designed child restraint systems. Even at speed as low as 3 to 5 M.P.H., small children may be injured during sudden stops and turns.

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Parenting Tips

September 29
Give your child at least 15 minutes of time each day to talk - without any interruptions.

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Parenting Tips

September 30
Take photographs of your child on special occasion. Put them in a photo album and label with the date and event. Look at them together and describe to each other what you remember about that day.

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