Parenting Tips

February 1
Look for good behavior in your children. You can encourage desired behavior by looking for it, giving the child time to cooperate and acknowledging the desired behavior.

February 2
The main reason you should talk to your preteen and/or teen about sex is that sex is an intimate subject involving family values, feelings and communication.

February 3
Ask your child to tell you five things he/she can do that his/her grandparents could not do.

February 4
When an adult truly listens to a child he/she is making the nonverbal statement, "I acknowledge your existence and I respect your right to be."

February 5
Make a scrapbook about your child. Put important papers, photos, etc. in the book. Leave it in a special place and look at it together.

February 6
Be consistent in enforcing rules. Stick to a consequence that has been established for a broken rule. Discuss the need for rules to change as children grow older.

February 7
If a family member or friend gets AIDS, offer compassion and understanding. The family faces stress and often depression from fears, social rejection, illness and dying. The fight is against a health problem, not people.

February 8
Make sure you have a will that names a guardian for your children. Talk about this selection with the person with your children.

February 9
Be sure that your children ride their bicycles on the right side of the roadway only. Always ride with the traffic, not against it, and ride in single file.
February 2022

Parenting Tips
February 10
Teach your child perseverance, the ability to follow through with a task or activity. Encourage them to finish a task.

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Parenting Tips
February 11
Make an effort to speak positively. Too often parents focus on poor performance or behavior. Every human being needs acceptance and appreciation.

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Parenting Tips
February 12
Let the punishment fit the crime. For example; if the child writes on the wall with their crayons, give them the opportunity to clean it off.

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Parenting Tips
February 13
Start a birthday tradition in your family. For example; On each person’s birthday have a special meal together that the birthday person decides and during the meal, everyone says at least one thing that they like about that person.

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Parenting Tips
February 14
Be aware of the attitudes and values of your children’s friends. Make an opportunity to meet their parents. Never underestimate the power of peer pressure.

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Parenting Tips
February 15
Choose several stories to read at bedtime. Talk about the characters in each story and at the end of the week, discuss any similarities in the characters.

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Parenting Tips
February 16
Be honest with your child. Explain to him/her what is going on in situations that effect them. Become an “askable” parent! who can be approached for information and guidance.

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Parenting Tips
February 17
Be cautious in using prescription or over-the-counter medicines as a quick fix for pain or stress. Your example could express to your children that any problem can be cured by chemicals.

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Parenting Tips
February 18
Talk slowly when giving children directions or explanations. What might appear to be misbehavior might be misunderstanding. Ask him/her to repeat back to you what they think they are supposed to do.

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Parenting Tips
February 19
Encourage family members to choose a program before turning on the TV set. Turn it off when the show is over.

Parenting Tips
February 20
Tell your children about your values. Let them see your values in action. Describe the experiences that helped you determine your values and the reasons behind your feelings.

Parenting Tips
February 21
Strong families are important to our community. In strong families, members are able to listen and share both negative and positive feelings with each other. Members are also able to cope effectively with stress.

Parenting Tips
February 22
Help your child choose toys that he/she has outgrown or lost interest in. Be sure they are in good condition, then let your child donate them to a charity organization.

Parenting Tips
February 23
Supervise your children’s activities. If you can not be there, make sure a reliable adult is present at all functions.

Parenting Tips
February 24
Try to acknowledge your children’s feelings. Explain that their feelings are different than their behavior. Talk about constructive ways to express different feelings.

Parenting Tips
February 25
Set up a study area with your child’s help. It should be quiet and well lit. Be sure everyone knows that this is the designated study area, so it can be free of distractions.

Parenting Tips
February 26
Keep a calendar posted at home. Ask your child on a regular basis what day it is, date, month and year.

Parenting Tips
February 27
Being a single parent can be particularly challenging and often lonely. Find an understanding adult that you can talk to when you feel stressed.
Parenting Tips

February 28

Help your child take pride in their ethnic background. Tell them about their family history. Whenever older family members are around, ask them to tell your children stories about their childhood.

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