

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.

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Parenting Tips

May 3

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

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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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Parenting Tips

May 10

Teach your children how to say "I love you" in the language from each country of your ancestors.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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."

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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.

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Parenting Tips

May 22

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

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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.

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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.

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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.

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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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Parenting Tips

May 28

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."

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Parenting Tips

May 29

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.

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Parenting Tips

May 30

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."

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Parenting Tips

May 31

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

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