

August 2022



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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

August 6

Spending time with your children is the most important thing that you do.

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Parenting Tips

August 7

Beware of the stress created by trying to live up to the myth of the imaginary "perfect family."

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Parenting Tips

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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Parenting Tips

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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Parenting Tips

August 11

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

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Parenting Tips

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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Parenting Tips

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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Parenting Tips

August 14

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

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Parenting Tips

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 is turned off for the rest of the week.

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Parenting Tips

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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Parenting Tips

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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Parenting Tips


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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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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Parenting Tips

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.

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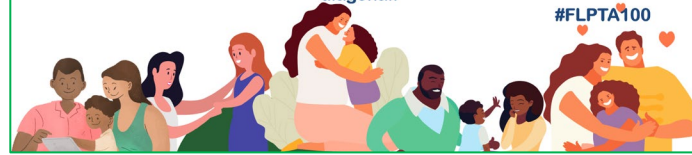


Parenting Tips

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.

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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.

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Parenting Tips

August 31

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

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