

# 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 helmet, 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 I 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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## Parenting Tips

September 10

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

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## Parenting Tips

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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## Parenting Tips

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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## Parenting Tips

September 13

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

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## Parenting Tips

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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## Parenting Tips

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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## Parenting Tips

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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## Parenting Tips

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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## Parenting Tips

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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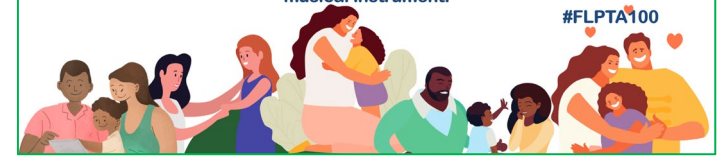


## Parenting Tips

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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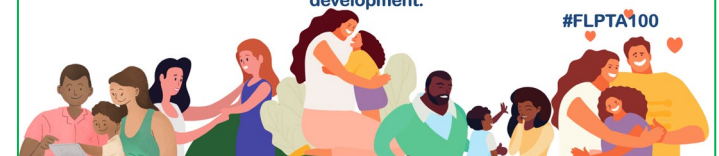


## Parenting Tips

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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