

February 2023



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.

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Parenting Tips

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.

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Parenting Tips

February 3

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

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Parenting Tips

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."

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Parenting Tips

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.

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Parenting Tips

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.

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Parenting Tips

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.

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Parenting Tips

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.

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Parenting Tips

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.

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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.

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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.

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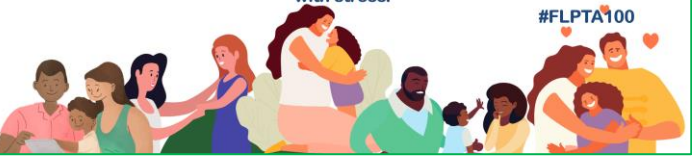


Parenting Tips

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.

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Parenting Tips

February 22

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

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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.

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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.

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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.

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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.

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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.

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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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The illustration depicts a diverse group of people representing various ethnicities and family structures. On the left, a man and woman are shown with a young child. In the center, a woman is hugging a man. On the right, a man and woman are shown with a young child. The style is flat and colorful, with a focus on human connection and diversity.