



August 2021 Family Newsletter

POSITIVE PARENTING

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As a parent, you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for future independence. As your child grows and develops, there are many things you can do to help your child thrive.



one-on-one time.

Take time to focus solely on your child each day. Remember that quality over quantity is what matters. Spending even 10 quality minutes with your child gives them the positive attention and emotional connection they need.

focus on bedtime.

Kids need a lot of sleep to feel their best. A well-rested child is a well-behaved kid and can function better throughout the day, including at school. Most studies say that children ages 3-5 should be getting around 10-13 hours of sleep each night.

stick to routines.

Kids flourish with a routine, so set clearly defined routines for the most challenging times of the day, like mornings, after school, mealtimes, and bedtimes. Try making a picture schedule to display in the kitchen or their bedroom. Let your kids help decide how the routine will go. Then stick to it!



infant inspiration

Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! Self-care is a key step to being a positive, loving parent.



toddler tales

Encourage your child's growing independence by letting them help with dressing. Try matching their clothes into weather appropriate outfits and let them choose from 2-3 options.



preschool power

Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.