



# Quick Tips for Parents

## How To Care for Your Family *and* Yourself

As a parent, it's easy to doubt your abilities and question whether you're doing enough. Remember that there is no official manual for parenting, and you're a "good enough parent" already! So take it easy on yourself as you discover what works best for your family, and read this guide for some simple and effective strategies to help you on your parenting journey.

## 4 Tips That Won't Cost You Money Or Time

### TIP #1: THE PARENTING PRESENCE

We may sometimes find ourselves to be with our kids in "body" only, with our minds elsewhere, and our "presence" with our children becomes compromised. The best way to practice "parenting presence" is to put your cell phone away, close your computer, and have direct eye contact with your child while they are speaking with you. Try to listen more and talk less. After all we have 2 ears and only 1 mouth! When you find your mind drifting off to work or other things, just put your eyes back on your child that is standing before you.

### TIP #2: QUALITY, NOT QUANTITY

Many parents have shared that when they look back at their parenting, they are aware that they were with their kids "physically" in the same place, but emotionally elsewhere. Focus on the quality not quantity of time. Reading a short book, eating dinner or lunch without any electronics, or going for a short walk, are activities that you can do with your kids each day.

### TIP #3: REMEMBER TO LAUGH!

Sometimes we take our parenting role too seriously. Learning to laugh at things, and sometimes laughing at ourselves with our kids, can be liberating! If you find yourself repeating the same instructions over and over, try to find humor in the situation. Laughing together can lighten the mood and create a positive atmosphere for everyone.

### TIP #4: THE 'GOOD ENOUGH PARENT'

If you are reading this newsletter you are already a "good enough parent". You are caring, loving, and concerned about your child's emotional well-being. If you weren't, you probably would not be taking the time now to read, learn, and try out new approaches with your children. Be compassionate with yourself as a parent: You are already doing a good job!

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