

8 More Easy Ways to Be a Fantastic Parent

(Six Part Series-3/6)

Trust Yourself

- 1. Give yourself a break.** Hitting the drive-through when you're too tired to cook doesn't make you a bad parent.
- 2. Trust your mommy gut.** No one knows your child better than you. Follow your instincts when it comes to his health and well-being. If you think something's wrong, chances are you're right.
- 3. Just say "No."** Resist the urge to take on extra obligations at the office or become the Volunteer Queen at your child's school. You will never, ever regret spending more time with your children.
- 4. Don't accept disrespect from your child.** Never allow her to be rude or say hurtful things to you or anyone else. If she does, tell her firmly that you will not tolerate any form of disrespect.
- 5. Pass along your plan.** Mobilize the other caregivers in your child's life -- your spouse, grandparents, daycare worker, babysitter -- to help reinforce the values and the behavior you want to instill. This includes everything from saying thank you and being kind to not whining.

Don't Forget to Teach Social Skills

- 6. Ask your children three "you" questions every day.** The art of conversation is an important social skill, but parents often neglect to teach it. Get a kid going with questions like, "Did you have fun at school?"; "What did you do at the party you went to?"; or "Where do you want to go tomorrow afternoon?"
- 7. Teach children this bravery trick.** Tell them to always notice the color of a person's eyes. Making eye contact will help a hesitant child appear more confident and will help any kid to be more assertive and less likely to be picked on.
- 8. Acknowledge your children's strong emotions.** When your child's meltdown is over, ask him, "How did that feel?" and "What do you think would make it better?" Then listen to him. He'll recover from a tantrum more easily if you let him talk it out.

Resource: [Ways to Be A Fantastic Parent](#)