

9 More Easy Ways to Be a Fantastic Parent

(Six Part Series-4/6)

Raise Grateful Children

- 1. Show your child how to become a responsible citizen.** Find ways to help others all year. Children gain a sense of self-worth by volunteering in the community.
- 2. Don't raise a spoiled child.** Keep this thought in mind: Every child is a treasure, but no child is the center of the universe. Teach him accordingly.
- 3. Talk about what it means to be a good person.** Start early: When you read bedtime stories, for example, ask your toddler whether characters are being mean or nice and explore why.
- 4. Explain to your children why values are important.** The simple answer: When you're kind, generous, honest, and respectful, you make the people around you feel good. More important, you feel good about yourself.
- 5. Set up a "gratitude circle" every night at dinner.** Go around the table and take turns talking about the various people who were generous and kind to each of you that day. It may sound corny, but it makes everyone feel good.

Don't Stress About Dinner

- 6. Serve a food again and again.** If your child rejects a new dish, don't give up hope. You may have to offer it another six, eight, or even 10 times before he eats it and decides he likes it.

7. Avoid food fights. A healthy child instinctively knows how much to eat. If he refuses to finish whatever food is on his plate, just let it go. He won't starve.

8. Eat at least one meal as a family each day. Sitting down at the table together is a relaxed way for everyone to connect -- a time to share happy news, talk about the day, or tell a silly joke. It also helps your kids develop healthy eating habits.

9. Let your children place an order. Once a week, allow your children to choose what's for dinner and cook it for them.

Resources:

<http://www.parents.com/parenting/better-parenting/advice/ways-to-be-fantastic-parent/>