

7 Super Simple Strategies to be an Awesome Parent



Happy Parent  Happy Child

1

Love yourself and each other

Say I love you every day – to your kids, your partner and yourself. A happy and healthy you makes for joyful kids. Treasure your marriage and watch your children blossom.



2

Have Bucket Loads of Fun

Having fun together forms strong family ties as you get to understand each other better. Learning how your kids think and what they like helps you identify where they need support and reassurance.

3

Listen and Learn

Encourage kids to talk about their activities and share yours. Give them your undivided attention to make them feel special.



Be down on their eye level. Let them voice their opinions and feelings and validate these thoughts by showing that you care to listen.

4

Enjoy Meals Together

Appreciate breakfast and dinner by being seated at a table together. Establish a no electronic device zone at the table – yes, that includes you! Exchange stories about your day to share in their joys and learn about their difficulties.

5



Share Lots of Bear Hugs

Never miss out on sharing a big fat bear hug every time you say hello and goodbye. This makes them feel loved and safe, no matter their age.

6

Create a Mission

Working together will take your relationship to the next level. Encourage your child to choose the project and schedule a fixed time to share and complete the mission. Make sure this time slot is blocked out in *your* calendar! By sharing this task you can teach them the value of team work and encourage completion skills by proposing an appropriate award afterwards.

7

Stay Calm ... You are an Awesome Parent!

It is always easier said than done to remain composed! But the next time that you listen, in *horror*, to your child shout at you, imagine the possibility that she is simply imitating your behavior...



The ability to stay calm will instinctively teach your child to better handle conflict situations both at home and school.

Parenthood is undoubtedly challenging but it is also filled with loads of fun. Embrace being awesome, establish great family traditions and enjoy your amazing children.

Visit www.healthyfamilyandme.com for more awesome parent information.