

As a parent, you are the most important person in your child's life. Research tells us that effective parenting styles can make a difference. Better understanding on how to communicate with, guide, and relate to your child are the basic tools all parents need to raise independent, confident, healthy and happy children. Parenting is about making the best choices. No one said it was going to be easy.

Here are some quick tips to start you on your journey to being a great parent.



Communication

- Read your preschoolers favourite books before bed.
- Ask your preschooler about their day.
- Model using words like "please" and thank you".
- Get down to their level and pay attention to what they have to say.
- Acknowledge and praise your preschooler's successes and abilities.



Guidance

- All preschoolers are different. It is your job to accept and guide them to develop their own unique personality.
- Give responsibility during daily routines (e.g. getting dressed, choosing breakfast).
- Set rules, limits and consequences clearly.
- Praise turn-taking during everyday routines.
- Establish routines. Be consistent so they know what to expect.



Relationships

- Give your preschooler love and attention everyday.
- Arrange special play dates with friends and family.
- Be available to your preschooler and ready to talk when needed.
- Comfort your preschooler when they are upset, sick or hurt.
- Do fun things together as a family on a regular basis.

It is important to believe you can be a great parent!
