

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 and teach your toddler common rhymes and simple games ("Pat-a-cake, "Peek-a-boo", "Head and Shoulders"). Toddlers like repetition (singing over and over).
- During everyday activities (e.g., supper, walks, car rides) talk about family and friends.
- Be responsive to your toddler's speech, avoid correcting them.
- Get down to their level and pay attention to what they have to say.



Guidance

- Learn what to expect as your toddler grows and what you can do to support your toddler's development.
- Encourage turn-taking when playing and talking with your toddler.
- Give your toddler opportunities to make choices (ex. red or pink socks)
- Allow your toddler to do things themselves, such as opening doors.
- Clearly set limits by using "yes" and "no", and explain why. Respond warmly.
- All toddlers are different. It is your job to accept and guide them to develop their own unique personality.



Relationships

- Give your toddler love and attention everyday.
- Be emotionally and physically available.
- Comfort your toddler 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!
