



Renée Mill
Clinical Psychologist
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Psychology Solutions
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“The nine key principles for successful parenting”

By Renee Mill

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The nine key principles for successful parenting are;

1. Think education, not punishment.

A parent also needs to teach their child social and emotional skills as well as give direction and guidance.

From today, see yourself as your child's main educator.

2. See parenting as a long term process, rather than looking for a quick fix.

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Unlike animals that mature quickly, children are dependent on their parents for many years.

If you are waiting for fast results, you will feel let down.

When you expect the process to be lengthy, and you focus on the journey, you will find it truly meaningful.

3. Seek to build character, not compliance.

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Good character is essential for self esteem and healthy relationships.

When you allow your child to be responsible and part of the solution, he will grow to be an outstanding individual.

Every day look for opportunities to build character.

4. Remember your child does not think like you, he/she is a child with child's mind.

Have realistic expectations of your

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child. She is emotionally, socially and physically less mature than you.

Do not take for granted that he/she always understands what you want.

In the future, take the time to make sure your child grasps what you are saying.

5. Respect your child at all times.

Every person deserves respect no matter their age.

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Moving forward, make sure not to humiliate your child but to talk and act in a way that shows respect.

6. Behave in a way that will build your own self respect.

Being a parent does not give you license to behave in uncivilized or unacceptable ways.

When you behave in ways that are worthy of respect, you will feel your self respect grow.

7. Correct behavior when you are calm, remove yourself when you are angry.

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Nobody can listen when another person is attacking them.

If you want to make an impact, a calm demeanor is important.

In the future, aim to correct behavior only when you are calm.

8. Plan as if you were running a business rather than parent haphazardly.

Parents frequently struggle with

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their role as a parent because they have no plan, no goals and no road map.

To be successful, and to feel successful, articulate how you want your home to run, what type of parenting style you prefer and specify behaviors you wish to address.

If you have a weekly meeting to clarify your goals with each child, you will feel 100% better about yourself as a parent.

Moreover, your children will benefit from the structure and focus.

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9. Preserve the relationship over principles. In a relationship, it is better to be kind than right.

There will be times when loving your child, and letting go of principles will be much more important than sticking to principles no matter what.

Judge each situation on its merit. Remember, prioritize the relationship above all else.

These are just a few of the principles I teach. If you would like to learn more about how to be an effective parent, with my home based course... ["Power Parenting Video series & Workshop"](#) AND [I GUARANTEE](#) *you will*

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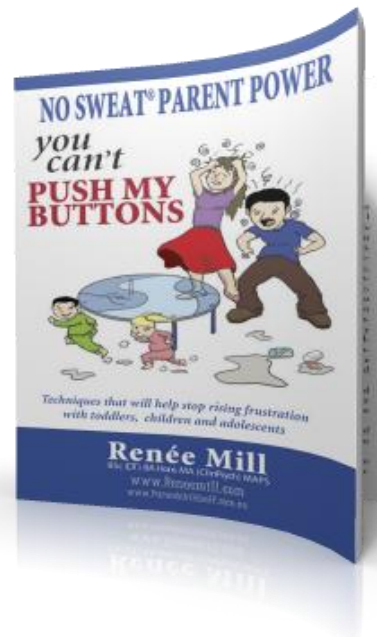


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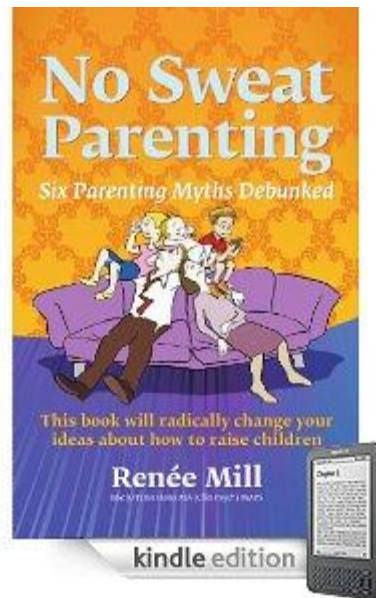


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