



# IDEAS FOR LEARNING & PRACTICAL SOLUTIONS FOR CREATING STRONG FAMILIES



## 10 BASIC PRINCIPLES OF CHIDREARING

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### LOVE ABUNDANTLY

The most important factor is to love and REALLY CARE about children. This not only gives children a sense of security, belonging and support, but it will also help smooth out the rough edges of childhood. Parental love should be special in two respects:

- ♥ First, it should be constant and unconditional...which means it is always present, even when the child is acting in an unlovable manner.
- ♥ Secondly, parents should be open in expressing and showing love so that children are never uncertain about its presence. This means parents should HUG and PRAISE their children at every available opportunity.

### DISCIPLINE CONSTRUCTIVELY

Discipline means setting and adhering to standards of behavior. After love, the parents surveyed stressed the importance of giving clear directions and enforcing limits on a child's behavior. Discipline is an essential preparation for adjusting to the outside world; it makes a child better behaved and happier. It is best to use a positive approach by saying, "Do this," more often than, "Don't do that!" Be certain that you discipline what you say will be disciplined. Be certain to follow through with natural and logical consequences. In addition:

- Be consistent;
- Be clear;
- Administer in private. Never punish a child in front of anyone;
- Be reasonable and understanding;
- Be flexible;
- Discourage continued dependency;
- Be in charge.

### SPEND TIME WITH YOUR CHILD

Spend as much time as possible with your child.

- Playing;
- Talking together;
- Teaching;
- Encouraging family activities...develop family spirit and a sense of belonging

### TEND TO PERSONAL NEEDS

A number of parents specified that personal adjustment was an important first step to effective childbearing.

### TEACH RIGHT FROM WRONG

A number of responses highlighted the need for parents to actively teach children basic values and manners in order for them to get along well in society.

### DEVELOP MUTUAL RESPECT

Parents emphasized that the need to treat each other with respect was essential to proper childrearing.

### REALLY LISTEN

Parents should really listen to their child, from the earliest years...which means giving undivided attention, putting aside one's own thoughts and trying to understand the child's point of view. Listening means understanding and communicating, not the physical act of hearing. It also means talking your child's language, encouraging the expression of feelings...both good and bad...and allowing the child to show anger without fear of losing your love.

### OFFER GUIDANCE

In offering guidance to children when they have problems, it is recommended that you be brief...state your thoughts in a few sentences rather than make a speech.

### FOSTER INDEPENDENCE

Recognizing that it is difficult to let children go, the parents advocated gradually allowing them more and more freedom or control over their own lives. By fostering independence you will gain their respect. Children should be given freedom to make decisions regarding simple matters early on in their lives; then the areas of decision making should be expanded as the child matures.

### BE REALISTIC

Develop realistic expectations about childrearing. Parents are advised that one should expect to make mistakes and to realize that outside influences such as peer group pressure will increase as children mature. Parents reaffirmed that the saying that childrearing is a series of "tough times and tender moments", was certainly true. Childrearing has never been an easy job; it has its sorrows and heartaches but it also has its GREAT JOYS and this is what makes it all worthwhile.

*A child benefits more from  
being valued than evaluated.*

### ♥ Raise a Reader

One of the greatest educational gifts you can give your child is a love of reading. Research shows that children who read just 30 minutes a day do better in school. Reading out loud – or taking turns reading out loud – helps make reading fun. You can also help by having lots of books and magazines around, visiting the library regularly, and talking about what you read. ♥

~ 10 Ways ~  
**TO BUILD YOUR CHILD'S  
GOOD CHARACTER**



1. Be the best role model of good character you can be! In everything you do, show responsibility, respect, cooperation, fairness, caring, trustworthiness, and good citizenship.
2. Teach responsibility by assigning chores at home, and by offering your child choices. Also, help your child learn that choices have consequences.
3. Encourage respect by teaching your child to be courteous and considerate to everyone. Explain that it's wrong to ridicule or stereotype others.
4. Help your child learn cooperation by reminding him or her to always show good sportsmanship.
5. Encourage fairness by teaching your child to share what he or she has with others.
6. Cultivate caring by praising your child for being kind to others. If possible, involve your child in service projects.
7. Teach trustworthiness by emphasizing the importance of being honest and dependable.
8. Teach good citizenship by performing your civic responsibilities, such as voting and obeying the law.
9. Talk openly about good character and point out examples of it in others, both in your community and in the media.
10. Explain to your child that inappropriate behavior needs to be corrected. Equally important, praise your child lavishly for showing good character!

**REMEMBER ~**

**By teaching your child to treat others as he or she wants to be treated, you will encourage good character as a way of life.**

**EVERYTHING IS BETTER**



**WHEN WE WORK TOGETHER**

**FIVE UNWAVERING TRUTHS  
ABOUT DISCIPLINE**

1. **Discipline means "to teach"** – it does not mean "to punish." Accordingly, it should be done out of love.
2. **Consistency is key.** No matter what approach you take to discipline, it's crucial to be consistent about it. In other words, this morning's rules should also apply this afternoon.
3. **Be patient.** No discipline strategy works all the time – but that doesn't mean the strategy isn't working overall.
4. **Children need and want limits.** Effective discipline doesn't stifle children – it gives them a strong, dependable foundation from which to grow and mature.
5. **Discipline isn't just about correcting** what your child does wrong – it's about celebrating what he does right. The more you praise and reinforce the good things he does, the more he'll want to do the right things.

**SUCCESSFUL STUDENTS HAVE  
MANY THINGS IN COMMON**

There's no recipe for creating a successful student. Although successful students *do* seem to have some things in common:

- Their parents encourage and support them.
- Their parents limit and monitor the amount and quality of television they watch.
- Their parents read to and with them.
- They get enough sleep and eat breakfast before they come to school.
- Their parents expect them to work hard and be successful.
- They attend school regularly.
- Their parents expect them to show respect to all adults they meet, including the adults they see in school.
- They have responsibilities at home.

**EIGHT WAYS TO HELP REDUCE STRESS**

- **Simplify your schedule.** Prioritize, plan and pace yourself.
- **Get organized.** Organize so that you know where things are and can easily reach them.
- **Take occasional breaks.** Take time to relax, stretch or walk periodically during the day.
- **Exercise regularly.** Regular physical activity is good for your health and will make you feel better about yourself. Some people find exercise to be a good outlet for stress, anger or frustrations.
- **Get enough sleep.** This can help you feel well rested and better able to concentrate when facing the challenges of each day.
- **Eat well.** Eat a variety of foods that provide nutrients to keep your body systems working well. When you're healthy, you're better able to control stress.
- **Be positive.** Don't be too hard on yourself. It helps to spend time with people who have a positive outlook.
- **Stay connected.** Recognize when you need the support of family and friends.

