



You Have A Choice About The Kind of Parent You Can Be

As children grow, parents help to shape their children's future.

Positive parenting helps children learn respect for themselves and others and allows you to create a safe, loving environment that helps nurture and develop your child's self-esteem.

All parents want to do their best to raise healthy, well-adjusted children.

Yet parenting is hard work and requires new skills and information at different stages of your children's development. There are times when all parents feel like they can't get it right, when they are too impatient, too critical or too harsh on their children.

You have choices about the kind of parent you want to be.

While there are no simple formulas for meeting the challenges of being a parent, you can learn how to focus on the strengths and needs of your child. You can learn how to use positive parenting techniques and to discipline your child in a calm, caring, concerned and consistent way.

Positive Parenting Includes:

- Showing kids love, concern and respect at all times.
- Giving kids a safe place to live and play.
- Listening and taking an interest in what your kids say.
- Helping your kids express their feelings appropriately.
- Giving your kids appropriate choices when possible.
- Teaching your children to be responsible.
- Spending time together with your kids, reading often.
- Setting an example by what you say and do.
- Asking for help when you need it.



Adapted from Positive Parenting:
Tips on Discipline by the Wisconsin Children's Trust Fund



Community Resource Kit

Alaska Children's Trust 1-800-643-KIDS

Alaska Child Abuse Prevention Network. akchildabuseprevention.org