

THE BUILDING BLOCKS OF PARENTING



Connection & Communication

- Spend quality time with your child through age-appropriate activities.
- Listen to your child and communicate openly.
- Show interest in your child's experiences and daily life.
- Express love, encouragement, and appreciation.
- Create an environment where your child feels respected and valued.

Guidance & Structure

- Set clear expectations and use appropriate discipline.
- Model healthy behaviors and positive habits.
- Help your child learn the difference between respect and fear.
- Support your child's education and learning.

Growth & Development

- Understand your child's developmental needs.
- Encourage curiosity, learning, and personal growth.
- Ensure children with additional needs receive appropriate care and support.

Safety & Stability

- Provide a stable, supportive home environment.
- Meet your child's physical and emotional needs.
- Recognize how conflict or harmful behavior in the home can affect children.

Guidance & Structure

- Take responsibility for your actions and acknowledge mistakes.
- Seek support when facing challenges or stress.
- Recognize how personal challenges can affect your child and work toward change.
- Stay committed to learning and growing as a parent.