



EFFECTIVE



PARENTING



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# Hey, Hey, Hey Parents!



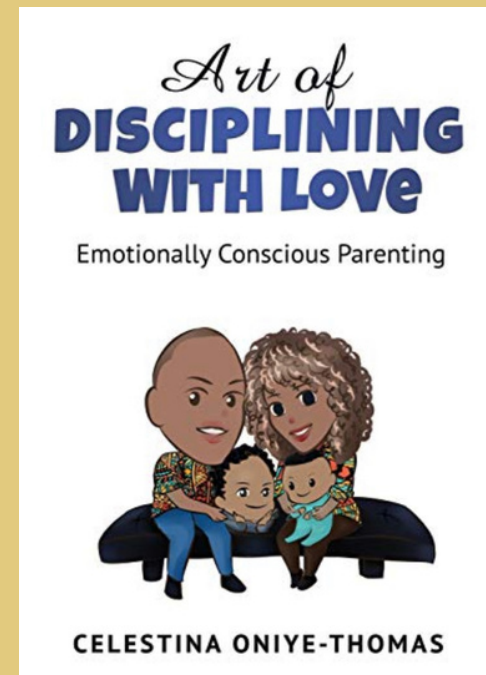
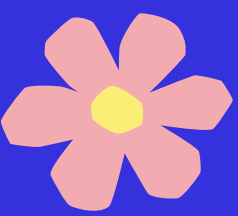
I am aware that there is no manual on how we ought to be parents. “My Psychotherapist friend might disagree with this statement and I actually agree with her disagreeing. She believes that "there is a manual and the individual child is the manual".

How we behave and do things is modelling to our children how to live their life.

We, the parent/s are also the manual for our children, they are learning from us. I am going to share some pointers I notice around most parents when I do school runs.

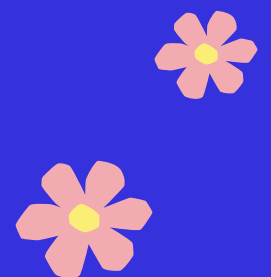
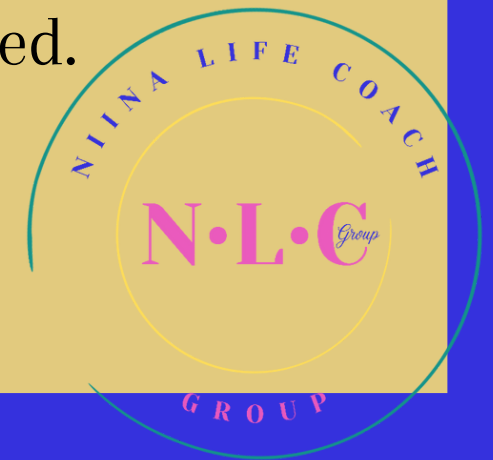
I hope it will cause us all, including myself to become better manuals for our children.





**Art Of Disciplining With Love:  
Emotionally Conscious Parenting  
by Celestina Oniye-Thomas**

This is one of the books about parenting that I believe every parent needs to have. I learned so much in this book and my learning was more about a personal awareness of why I parent differently from how I was parented. I chose to raise my children the way I wanted to be raised.



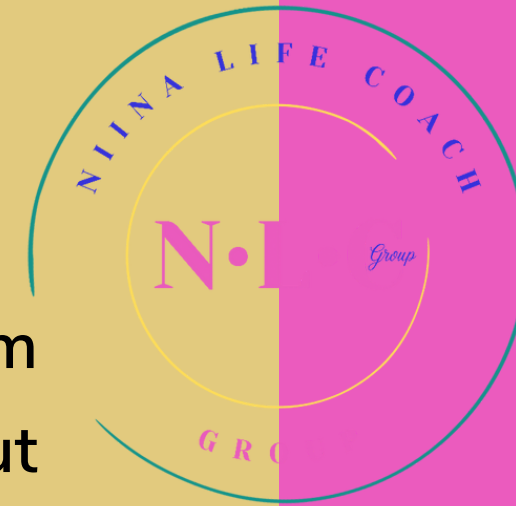


# Listen To Your child

Why is it so challenging to listen to our children?

Do we even know how they feel, when we dismiss them without listening to them? I am guilty of this sometimes but not all the time.

Children do not always know when not to approach you. Often it is when you are on that meeting call or worst when you are about to leave to go work. I use to be that parent that didn't listen, however, now I communicate to my children the reason why I can not talk to them and that they should approach me when I'm free.



# Be their Role Model

What are you modelling for your child at the moment?

Someone came, knocked at your door and you told your child to say you are not home. Some days have gone by and your child's teacher called to tell you that, your child has been lying. You started shouting at your child and asking them where are they getting this behaviour from, you even said it's not how you teach them at home and your child suddenly said: "You asked me to lie for you the other day when that aunty/uncle came to look for you".

What will you say to the teacher?

Let us be our children Role models by asking ourselves this question:

**"Can we do the things we ask them to do?"**



# Remain firm to the Rules

Are you the type of mum that says things like: “I had to give in and let them have their way” or “I have no control over my child”. If yes, you are human and I admire your honesty. Now, let me tell you what you can do.

## Set Healthy Boundaries!

Yes! Refusing to change your mind about the rules you have set for your child is not being too hard. It is allowing your child to be trained to not break the rules when they go out there in the world. The world will not let them off easily, so why demonstrate a false belief in them? I am not asking you to be the law enforcement. I am encouraging you to stick to the rules you have set. They are your children, even if they do not like you for that, who cares.



## ● Show them, don't tell them ●

Children, when younger, have no understanding about economics or things we the parents worry about. You can repeat their clothes, play with them every day instead of buying expensive toys to keep them occupied. Show them that you love them, do not just tell them and do not bribe them to do things they should do.

I never buy my children toys when under 3 years. I enjoy watching them being creative with pens and papers or cups, pans or shoes and clothes. Dancing around with them while singing with them is more important to me. I believe that is why they are independent and love their alone time. They were loved correctly at the time their development needed the love.



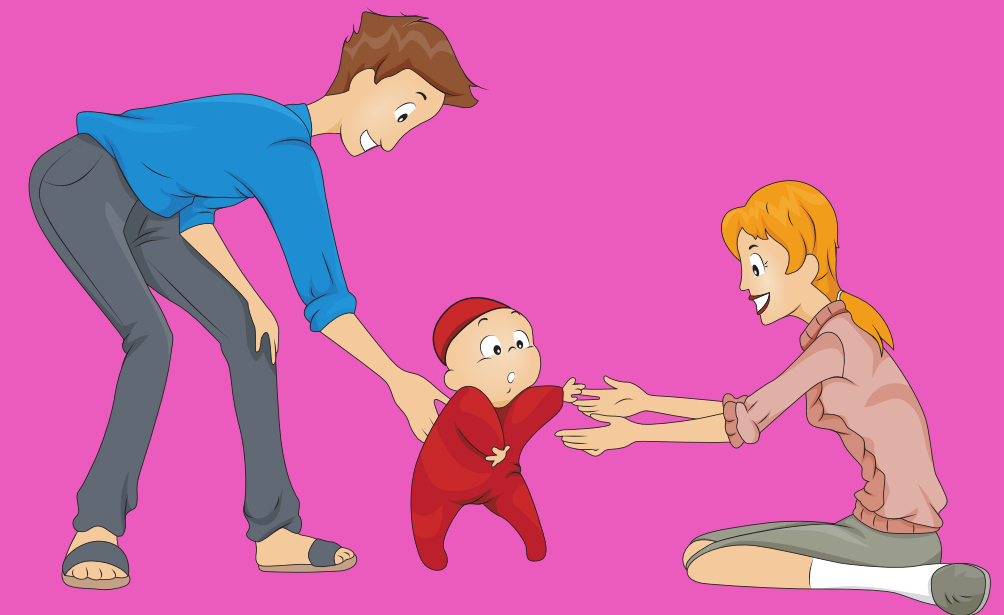
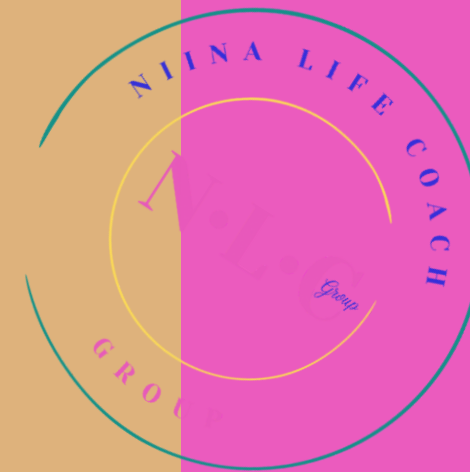
# Children learn by Observing

One of the biggest mistakes we make as parents is to think because a child does not talk yet that they do not understand what's happening around them.

WRONG.

In fact, each time we try to hide our problems from them because we believe they are too young to know, guess what? They know even more than they make out. With this in mind, the best thing to do is to manage how you are and what you say around them. Work on your trauma, which will make it easier for you to be a parent that is present in their lives.

Oh, I also tell off my adult children when they try to play victims and I let them know, it's on them.



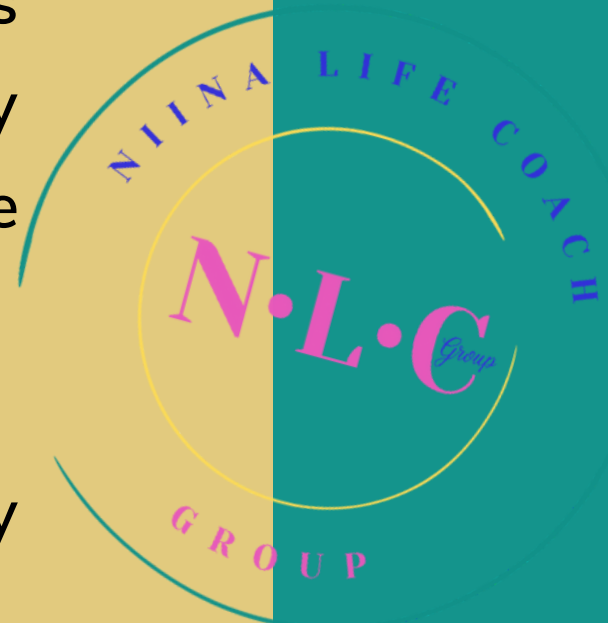


## Siblings do argue, don't choose side

You might end up looking like a fool if you are always choosing sides. Children are more clever than we actually believe they are and often the children we believe to be innocent are often not.

Therefore when this happens, tell them what I tell my children, "I am not getting involved".

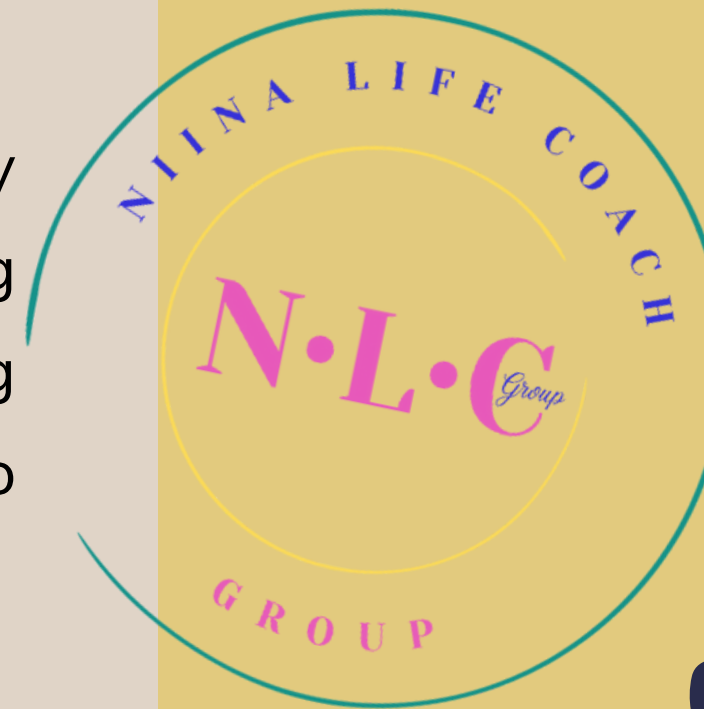
Not getting involved will help them to learn to communicate and learn how to solve situations without getting a third person involved.

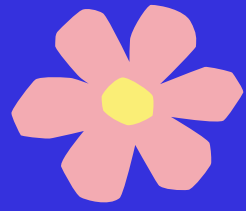


# Get some fresh Air and Relax

With COVID-19 easing, we should embrace every opportunity we get to get outside with the children. There is something about nature that has a sense of healing and solution. In saying that, there actually is a bond that is created when a family do things together.

It doesn't have to be the park, sometimes just a simple walk around the block is enough to breathe in the new fresh air. For those who have a garden, even just having a barbecue in your own garden is enough.

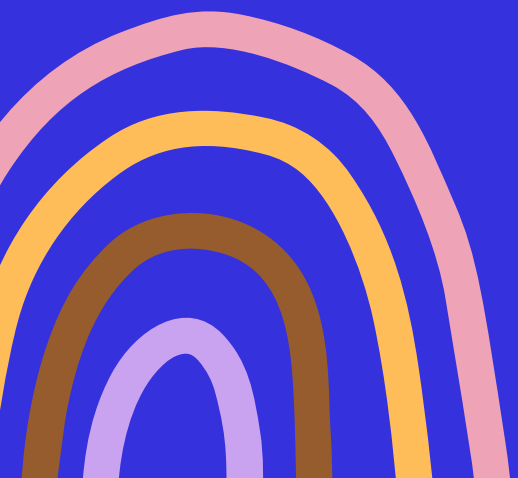
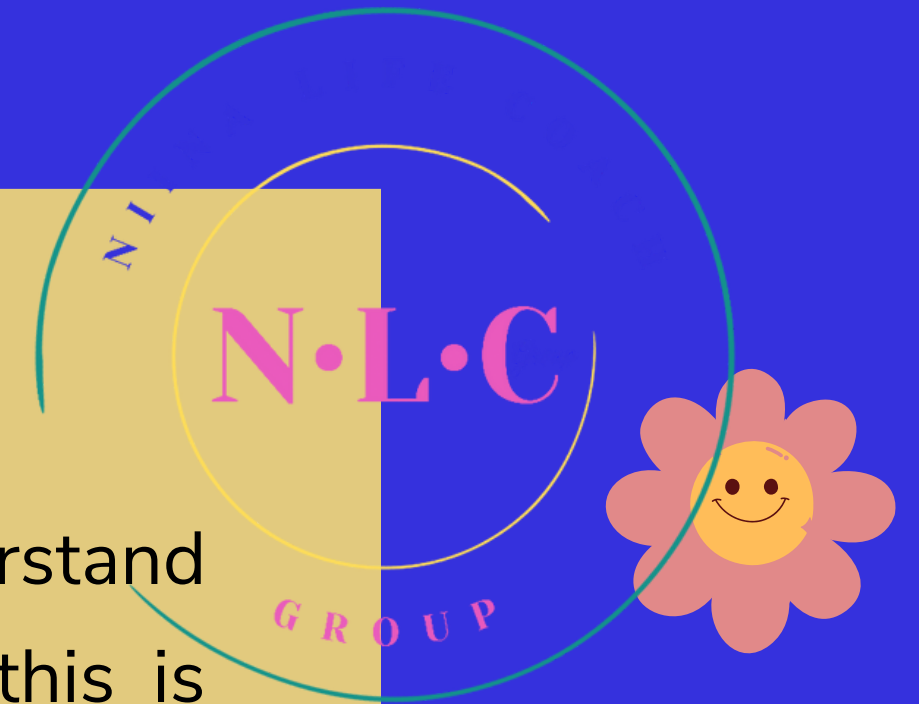


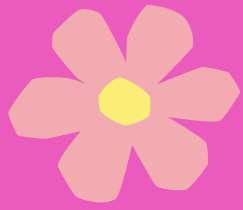


That is all I have for you today.

I hope and pray this little summary helped you to understand a little bit about parenting effectively. Bare in mind this is something I observed from my own country. I am raising six amazing children ages ranging from 19 to 1 year old.

Your case may be a little different and that is amazing, I do not dismiss how you parent. Keep doing the good job that you are already doing, you are amazing.





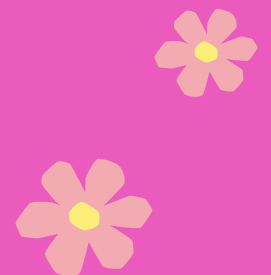
**Any Question?**



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**Thank You for  
reading.**

