

Parenting tips

The perfect educator does not exist. But you can do your best to raise your child the best you can. Yet sometimes you are faced with difficult situations where you can use some tips.

Warm attention and support

Your child needs material things like clothes, food and a safe home. In addition, your child also needs care, warmth, attention and encouragement.

For example, give your child attention by talking to each other and doing things together.

By responding positively, such as with a hug, a compliment, or a small reward, you encourage your child when they behave well. This makes your child feel valued and seen and develops a positive self-image. That helps your child to handle difficult things.

Children who are raised in a positive way are likely to develop into self-confident, independent adults. If you interact with each other in a positive way, you generally have more fun with each other!

Support your child by taking into account what it wants.

Provide a safe and stimulating environment for your child. If your child can move freely and feels safe, they will discover and try a lot.

Every child develops in his own way and at his own pace. Your child must be ready to learn something new. If you ask too much of your child, there is a good chance that it will show undesirable behavior.

Rules and limits

Rules are important. Rules give your child clarity and a sense of security. You give your child something to hold on to by leading.

Tell your child what you expect and what your boundaries and rules are. Set a good example yourself.

Correct your child if it is disobedient or does not follow the rules. Be consistent in applying the rules and agree on the consequences if your child does not follow the rules. Like any punishments you give.

Don't forbid too much. Limit the rules to what you really don't want and especially what you do want. Saying "no" all day won't work.

It is also important that you and your potential partner agree on the rules and deal with setting boundaries in much the same way.

How can you set boundaries?

If your child does something that you don't like, you intervene immediately by forbidding.

If your child doesn't obey or does something that really shouldn't be done, punishment is a good way to set boundaries.

You can ignore minor infractions, but only do it if you can keep it up.

Does your child just keep going or is it not in control? Then let it sit still for a while or put your child aside.

Never hit

Never hit your child when you are angry. It hurts and is not good for the body. It is also bad for your child's self-esteem and self-confidence. Hitting is therefore prohibited. A child learns nothing from it.

Negative attention

Does your child often ask for negative attention? Or is it so annoying that you have to get angry all the time? Then check whether your child is bothered by anything, whether it is sick or in pain, for example. Are there any problems at school or with friends? Try to solve the problem together first. **Also have a look at:**

Posatiefopvoeden.nl - information about how to apply the basic principles of positive parenting.

Pedagogical support for children aged 0 to 13 is free for parents.

So, can you use some tips and advice to support your child's development or do you have everyday questions about your child? Then feel free to contact me and together we will look for what you need.

Tot ziens,

Batoul Heijdenrijk

06-30885640

b.heijdenrijk@lumenswerkt.nl



Source: Parenting Information Netherlands