

# Parenting

*Learn more so you can parent better!*



*There is no such thing as a perfect parent, but knowing what to expect does make the job a lot easier.*

As parents, the things we do to model and help our children learn these skills makes a huge difference. We can help our children develop these skills by:

- Allowing your child to express their emotions
- Responding warmly and consistently to your child
- Teaching your child to express their emotions
- Bring a role model: show your child how to be kind and how to interact positively with other people

While there are many roads to effective parenting and varying styles and methods, experts agree that all positive parenting rests upon the attribute of love. In parenting, let love be your guide.

By learning what our children need to do their best, we can give them the best start in life, enjoy parenting more and build strong, healthy families.

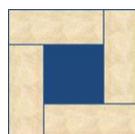
Sometimes being a parent can be very stressful. It's easier to handle parenting challenges when we have positive relationships with family, friends and neighbors. Having a network of caring people in our life helps us feel secure, confident and empowered, which helps us become better parents.

All families go through times when they need more support. Some of us get that from extended families, faith communities or neighbors. Others may rely more on formal programs. Either way, being intentional about taking care of yourself and getting the help and information you need can help keep you and your family strong.

Have you ever felt embarrassed to ask for help? Take some time to remember how you feel when someone else asks you for help. It can be hard to be the one asking, but everyone needs help sometimes. Not only is there nothing wrong with getting help when you need it, but getting the help you need for yourself and your child is part of being a good parent.

Call E.J. today to set up a free consultation and talk about how therapy can help.

**919.753.6238**



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