

**How To Be A Good Parent**  
**323 Great Tips For Better Parenting**

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# 1. Basics of Parenting

If you're a parent, you get plenty of suggestions on how to raise your child. From experts to other parents, people are always ready to offer advice. Parenting tips, parents' survival guides, dos, don'ts, shoulds and shouldn'ts - new ones come out daily.

The truth is there is more than one "right" way to be a good parent. Good parenting includes

- Keeping your child safe
- Showing affection and listening to your child
- Providing order and consistency
- Setting and enforcing limits
- Spending time with your child
- Monitoring your child's friendships and activities
- Leading by example

Parents have an important job. Raising kids is both rewarding and challenging. You're likely to get a lot of advice along the way, from doctors, family, friends, and even strangers. But every parent and child is unique. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

"Being a sensitive parent and responding to your kids cuts across all areas of parenting," says Arizona State University's Dr. Keith Crnic, a parent-child relationship expert. "What it means is recognizing what your child needs in the moment and providing that in an effective way."

This can be especially critical for infants and toddlers, he adds. Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the first years of life. For instance, holding your baby lovingly and responding to their cries helps build strong bonds.

## **Building Bonds**

Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Experts call this type of strong connection between children and their caregivers "secure attachment." Securely attached children are more likely to be able to cope with challenges like poverty, family instability, parental stress, and depression.

A recent analysis shows that about 6 out of 10 children in the U.S. develop secure attachments to their parents. The 4 out of 10 kids who lack such bonds may avoid their parents when they are upset or resist their parents if they cause them more distress. Studies suggest that this can make kids more prone to serious behavior problems.

Researchers have been testing programs to help parents develop behaviors that encourage secure attachment.

## **Being Available**

Modern life is full of things that can influence your ability to be sensitive and responsive to your child. These include competing priorities, extra work, lack of sleep, and things like mobile devices. Some experts are concerned about the effects that distracted parenting may have on emotional bonding and children's language development, social interaction, and safety.

If parents are inconsistently available, kids can get distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may even stop trying to compete for their parent's attention and start to lose emotional connections to their parents.

"There are times when kids really do need your attention and want your recognition," Crnic explains. Parents need to communicate that their kids are valuable and important, and children need to know that parents care what they're doing, he says.

It can be tough to respond with sensitivity during tantrums, arguments, or other challenging times with your kids. "If parents respond by being irritable or aggressive themselves, children can mimic that behavior, and a negative cycle then continues to escalate," explains Dr. Carol Metzler, who studies parenting at the Oregon Research Institute.

According to Crnic, kids start to regulate their own emotions and behavior around age three. Up until then, they depend more on you to help them regulate their emotions, whether to calm them or help get them excited. "They're watching you to see how you do it and listening to how you talk to them about it," he explains. "Parents need to be good self-regulators. You're not only trying to regulate your own emotions in the moment, but helping your child learn to manage their emotions and behavior."

As kids become better at managing their feelings and behavior, it's important to help them develop coping skills, like active problem solving. Such skills can help them feel confident in handling what comes their way.

"When parents engage positively with their children, teaching them the behaviors and skills that they need to cope with the world, children learn to follow rules and regulate their own feelings," Metzler says.

"As parents, we try really hard to protect our kids from the experience of bad things," Crnic explains. "But if you protect them all the time and they are not in situations where they deal with difficult or adverse circumstances, they aren't able to develop healthy coping skills."

He encourages you to allow your kids to have more of those experiences and then help them learn how to solve the problems that emerge. Talk through the situation and their feelings. Then work with them to find solutions to put into practice.

## **Meeting Needs**

As children grow up, it's important to remember that giving them what they need doesn't mean giving them everything they want. "These two things are very different," Crnic explains. "Really hone in on exactly what's going on with your kid in the moment. This is an incredibly important parenting skill and it's linked to so many great outcomes for kids."

Think about where a child is in life and what skills they need to learn at that time. Perhaps they need help managing emotions, learning how to behave in a certain situation, thinking through a new task, or relating to friends.

"You want to help kids become confident," Crnic says. "You don't want to aim too high where they can't get there or too low where they have already mastered the skill." Another way to boost confidence while strengthening your relationship is to let your kid take the lead.

"Make some time to spend with your child that isn't highly directive, where your child leads the play," advises Dr. John Bates, who studies children's behavior problems at Indiana University Bloomington. "Kids come to expect it and they love it, and it really improves the relationship."

Bates also encourages parents to focus on their child's actual needs instead of sticking to any specific parenting principles.

It's never too late to start building a healthier, more positive relationship with your child, even if things have gotten strained and stressful. "Most importantly, make sure that your child knows that you love them and are on their side," Metzler says. "For older children, let them know that you are genuinely committed to building a stronger relationship with them and helping them be successful."

By being a sensitive and responsive parent, you can help set your kids on a positive path, teach them self-control, reduce the likelihood of troublesome behaviors, and build a warm, caring parent-child relationship.

## 2. 323 Great Tips For Better Parenting

It seems that everyone is full of advice in regard to how we should raise our children. That task, however, falls to us as parents. It doesn't fall to distant relatives or our acquaintances. Never-the-less, it is sometimes helpful to have clear guidance as to how we should go about meeting certain steps of the larger overall task. This book will provide that guidance.

1. It is vital for parents to remember that children reach milestones at different ages. Parents feel like there is something wrong with their child if they don't do things by a certain age, such as walking or talking. However, if your child is way past due for certain things, such as walking or communicating, take them to the doctor for testing.
2. Learn the signs of a baby on a nursing strike. Many parents experience a nursing strike and take that to mean that the baby is ready to wean. Actually babies go through periods where they are just less interested in breastfeeding in general. Babies do this generally when they are going through large developmental leaps. Just keep offering and they will come back to normal feeding rhythms.
3. Exercise caution when diagnosing siblings who start to display symptoms of an illness shared by another brother or sister. Although families with multiple children often share germs, viruses, and illnesses, sharing medications or neglecting to take each child to the doctor increases the risk of health problems caused by unchecked or misdiagnosed ailments.
4. Keep kids safe on their way to school by using reflective tape on their backpacks or coats. It is easy to attach and remove the material from these items when it is purchased as strips with Velcro backing. Drivers will be able to spot children more easily thanks to these reflective stripes.
5. Even if your sick child begins to show signs of feeling better after a few days of antibiotics, you should follow the doctor's orders exactly and finish the course of therapy. If your child does not finish the entire dosing plan, weakened bacteria may remain in his or system and become resistant to the antibiotics.
6. As kids get to be older, they can still have the same difficulty in calming down as they had when they were small babies. You can provide them with a place to calm themselves by throwing a blanket over a table to give them a safe cocoon type place to regroup.
7. A great parenting tip is to accompany your small children if they decide to go trick or treating. Young children definitely need a chaperone or parent with them when they go trick or treating because it can get hectic. You should be there for them to make sure they are safe at all times.

8. When birthdays or other gift giving holidays come around, instead of taking your child shopping, help them make a present. Not only will your child get to be creative and give a unique gift, but you'll get to spend quality time together. This is especially good if the present is for the child's other parent or another relative.
9. Team sports should help your child develop their self-esteem. If you go to their sports games they will be encouraged to stick with it and remember that forever.
10. When you have two children, it is important for you to take the time with both children so that the children do not feel like you have favoritism. Children often feel like parents love one child more than the other child, but those feelings can be avoided through dedication and determination.
11. Children need to have a clear, understandable set of rules to follow. Also create consequences for inappropriate actions, and remain consistent with them. By setting boundaries for your children to follow, you will be illustrating to them that you care enough about what they do. Rules are a way to make parenting easier because the kids will learn them, and you won't have to keep repeating yourself.
12. In order to raise good kids it is very important to be honest with them. Be sure to always tell your kids the truth in everything. Setting a good example will make them want to be honest. Over the years, honesty and trust will eventually bring great rewards.
13. If you're teaching a teen to drive, an ideal place to start out is an empty parking lot. That way the teen can learn how to use car functions like headlights, windshield wipers and the like, as well as learning the handling of the car, and basics like signaling turns and stopping at signs.
14. Make sure you are communicating with your child frequently. Good communication involves talking and listening; when you engage in these two skills with your child, it helps develop trust and respect between the two of you. When they are very young, talking also encourages language development, which opens the door to begin engaging in a variety of educational tasks.
15. A good way to teach children not to be wasteful is to explain to them the cost of everyday living. Spend some time showing your children not only that everything from electricity to food costs money, but also explain how hard and how much you must work to pay for these things.
16. Keep up with your child's regular doctor appointments. Along with the usual vaccinations and screenings, these visits help discover and treat minor problems before they can become major medical issues. It also allows your doctor to get to know your child and makes your child more comfortable with the doctor.
17. To make teething easier on your child, try adding chunks of sour pickle, cucumber or sweet carrot to your child's mesh teether. The flavor seeping through the teether will

encourage your child to keep chewing and by this means, provide them with more relief than a simple frozen washcloth can.

18. When your child falls and bumps their head, do not allow them to go to sleep for at least two hours. This is because you want to monitor for symptoms that your child may have suffered from internal bleeding. Some symptoms include disorientation, confusion, headache and dizziness complaints, and blurred vision. If your child has these symptoms, bring him/her to the emergency room.
19. It is important that you recognize the signs that your child is ready to start using the toilet. By pushing them to use it when they are not ready, you can actually delay the whole process. Some signs of readiness include having regular bowel movements, staying dry for at least two consecutive hours, and coming out and asking to use the potty.
20. It is vital for parents to remember that children reach milestones at different ages. Parents feel like there is something wrong with their child if they don't do things by a certain age, such as walking or talking. However, if your child is way past due for certain things, such as walking or communicating, take them to the doctor for testing.
21. A great parenting tip is to let your child make their own decisions sometimes. When you always make decisions for your child, they'll grow up being incapable of making their own decisions. This can really hurt them in the long run. Give your child a little independence sometimes.
22. While the advice of close friends and family can be very helpful, you don't need to listen to the unsolicited tips from every aunt, cousin and coworker. Of course they may mean well, but at the end of the day the child is yours. The same goes for parenting tips from any other source, take them with a grain of salt.
23. Help the child to develop routines by establishing a schedule very early. If you give them specific times for different events they will begin to naturally adjust to these times. This will help to make shower, eating and bedtimes much easier. The child will also feel more secure.
24. It is important to establish realistic, achievable goals for your teenager. If your teen has a hard time with math, be sure to work with your teen to overcome obstacles and to establish goals that are reasonable. If you set goals that are not realistic, the teen will become frustrated and not work at all.
25. Ask your child to do chores. Children need to learn how to do things like washing the dishes or making their bed; it is important to helping them learn independence, which ultimately leads to higher self-esteem. Chores also make children feel like they hold a valuable role in the family.

26. For an alternative to traditional timeouts, make a "mind jar" by filling a mason jar with water and a scoop of glitter. Tighten the lid securely. When your child needs some time to reflect on his or her actions or feels angry, shake the jar to stir the glitter, and have your child sit and hold the jar as he or she watches the glitter fall to the bottom. By the time the glitter settles, your child's mood will have settled, too.
27. If your child is afraid of going to bed alone, do not encourage them to come and lie in the bed with you. Make sure that they sleep in their own beds and reassure them that they are safe. You can even assign one of their stuffed animals to be a "bodyguard."
28. If your baby is breastfeeding, make sure that your child's pediatrician or family doctor uses the World Health Organization growth charts intended for breastfed babies. Your baby may grow differently from formula-fed babies and these charts, better reflect the standard growth patterns for infants and toddlers that are nursing.
29. Give your children a big hug as often as possible, and remind them that you love them. No matter how angry they make you, or how badly they mess up your home, they're still your kids, and they will be forever. They will grow up to be well-adjusted adults as long as they know they've been loved.
30. Make sure you monitor the computer activity of your teenager. Thousands of teenagers chat with people online and they can get themselves in a questionable situation. This could be prevented if more parents followed their child's computer activity, and stopped them from using the computer if they are chatting with strangers.
31. Surround a child with good books. Reading is arguably among the most critical skills we can have. Your child should develop a desire to read well before they are cognitively ready to actually do so. Keeping a collection of colorful and interesting books within their reach is a critical part of developing that desire.
32. Getting your kids to do chores can be an opportunity for positive character-building rather than an ordeal. If you keep records (like a chore chart) of your expectations and encourage your children to meet them, you can foster a sense of accomplishment and actually make them look forward to helping out around the house.
33. In order to raise good kids it is very important to be honest with them. Be sure to always tell your kids the truth in everything. Setting a good example will make them want to be honest. Over the years, honesty and trust will eventually bring great rewards.
34. It is important to spend time with your kids, you always need to set aside some time for yourself. This allows you to retain your individuality along with your identity as a parent.
35. Having a picky eater can be very difficult at times. Make sure you are offering them plenty of different foods. Also make sure to serve their favorite foods often as long as they are healthy. Have them at least try one bite before they decide not to have any of it.

36. Many children hate the bitter, chalky, or sour taste of commonly prescribed liquid antibiotic medications and vitamin and mineral supplements. Ask your pharmacist about medication flavoring options; some medicines can be prepared with a bitterness suppressor and sweetening agent. Popular flavors include cherry, banana, bubble gum, and even chocolate silk pie.
37. Check toys for safety before allowing your toddler to play with them. Look for things like long cords, sharp edges, lead paint or parts small enough to swallow. This is especially important if you have older children in your home. Toys appropriate for a school-age child can be dangerous to a toddler.
38. One of the most important things you can do for your children is to control your own stress by taking time to care for yourself. Parents who take time to recharge can actually have more energy to care for their children than those who don't. It will help you stay calmer and be there for your children.
39. When trying to get your kids to eat their food while they are being stubborn, it is very important to try and make the process fun for them. They don't yet understand the great tastes and necessities of eating, so the only thing you as a parent can rely on, is that they have fun!
40. Making bath-time fun will encourage your children to have good hygiene. Make sure you have plenty of bath toys for your child to play with. A variety of toys will keep them from getting bored too easily. With color changing bubbles, and water markers, your children will want bath-time to last all night!
41. Take all parenting advice with a grain of salt. Everyone and their brother will try to offer you parenting advice. Some of it is great, and some not so good. Since every child is different, what works for another parent may or may not work for you. Listen to your instincts first and foremost and you'll be a better parent for it.
42. Don't ever answer your children's questions with "Because I said so!" Well, at least not the first time they ask. It's important to explain to a child why they're in trouble, or why they're not allowed to do something. It's possible it will make more sense to them and they'll avoid doing whatever you say not to do because they don't want to do it themselves!
43. If your child wants to be different, let him or her! Stifling a child's creativity can really retard their mental growth, so let them dress how they want or wear whatever Halloween costume that they wish. If they want to wear a princess dress to school, why not? It's not hurting anyone!
44. Something every parent should make sure to do is to listen to their children. It is simply not enough to be a physical presence for your child, you must also communicate with them, and that communication should go both ways. Take time out to listen to what your children have to say and talk to them, rather than at them.

45. Keep in mind how important your children are to you, even if they do drive you crazy sometimes. There are plenty of people out there that would love to be in your shoes or have a family but can't for a number of reasons. Cherish your children and remember how fortunate you are.
46. Have fun with your family and spend a lot of quality time together. It is important to play with your kids because this is what makes them happy and will create happy memories. Children will be less likely to act out and misbehave if they have quality time with their parents.
47. If your child suffers from obesity, it's important to help them out of it as soon as possible by exercising with them and cutting down on junk food in the house. Children suffering from obesity at a young age are more likely to develop diabetes and heart disease later in life.
48. Take your children grocery shopping and let them help with meal planning and creating the shopping list. This is a great opportunity to teach them about budgeting in the area of food. As they learn to compare prices, get good deals, and use coupons, they will be gaining skills they will use for a lifetime.
49. As a traveling parent, make sure your car seat does not get stuck in your airplane seat by asking for a seat belt extension. This will prevent the metal clasp from getting stuck behind the car seat, making it nearly impossible to open. In a pinch, turn the seat belt over so the clasp opens the opposite way.
50. Instill in your child the ideas of thankfulness and gratitude. Be sure they thank people who help them, in person. Also, involve your children in writing thank you notes for gifts and kind deeds they receive. Young children can dictate the note to you as you write and older children can fill in the blanks or write notes on their own.
51. Although difficult, it is important for parents of college-bound students not to exert pressure on their child to attend a specific school. When they feel pressured, teens may act in a perverse manner if they feel that someone is trying to control them.
52. A great parenting tip is to be aware of how your actions can influence your child. If you curse a lot at home, don't be surprised if your child gets suspended or sent home from school for bad behavior. Always try to set a good example for your child.
53. Make sure your swings and mobiles use plugs over batteries. When you have twins you are using two of everything and that will include double the batteries. Save yourself the extra cost by only buying or registering for items that you can plug in so that you won't have to take out a mortgage for batteries.
54. Get a well made twin stroller that fits your life. There are two main types of twin strollers, the side to side and the back to back. Both have benefits that could recommend them

for your children. A side by side will allow both babies to see the world in front of them, but as they get a little older it will also allow them to mess with each other. Back to back strollers are more likely to be compatible with car seats so look for what works for you.

55. Ask your child to do chores. Children need to learn how to do things like washing the dishes or making their bed; it is important to helping them learn independence, which ultimately leads to higher self-esteem. Chores also make children feel like they hold a valuable role in the family.
56. One of the most important things to remember when raising a child is to stay calm. No matter how angry or upset you get, you need to take a deep breath and calm down before you react. If you react while you're upset or angry, you're liable to make rash decisions that you'll regret.
57. When buying toys for children, stay away from video games. Instead, purchase educational toys for them. This way your child will be entertained while learning. Getting education toys is especially helpful for children that will be entering kindergarten. This will prepare them for the things they will be taught in school.
58. One of the best solutions to taming an unruly teenager is to go to counseling with them. Counselors are trained to deal with bad behavior, so they are the best one to go to in order to get advice on what you can do to improve your teenager's behavioral issues.
59. It's very important to keep children safe from kitchen hazards. While you are working in the kitchen with little ones milling about, remember to use the burners on the back of the stove. Even the smallest hands can reach the front burners! Also, keep pan handles pointed to the back so those grabby fingers cannot pull a hot pan down!
60. All new parents are generally insecure about whether they are going to be good parents or not, and how to be good parents. While many parents get advice from friends, family, and even their own parents, one often overlooked resource is parenting classes. Parenting classes can offer unique tools and skills that can help new parents become good parents, and also give them confidence.
61. One way to teach your kids is to set a great example yourself. If you are spending a lot of time going out, watching TV, or playing games try to show an example by spending time watching documentaries or reading books. They will want to be just like you, and will end up liking educational things.
62. Make sure you are communicating with your child frequently. Good communication involves talking and listening; when you engage in these two skills with your child, it helps develop trust and respect between the two of you. When they are very young, talking also encourages language development, which opens the door to begin engaging in a variety of educational tasks.

63. If bath time is a struggle for you as a parent with your child, try the salon approach. Ask your child to lie down horizontally on the counter, with just their head over the sink. Roll a towel under their neck for comfort, and treat your shampooing like a head massage.
64. Make sure you are a good role model for your children. They need someone that is going to be there for them through the good times and the bad. They need someone that is not going to live by the rule: "Do as I say and not as I do."
65. When you are having a baby, try not to set any expectations for the first few months. Things are going to be all over the place and life will be hectic. The less you plan for this time, the easier it will be to get through it. Try to just take in whatever you can because the time goes too quickly.
66. Never assume that a child with good grades is without problems. Knowing what your child's after school habits and routines are is important. As is talking to your child. Good grades are a sign of positive results in school, but every child has their share of problems. Assuming that these problems don't exist can only make them worse.
67. If you have multiple children, make sure you're spending time with each of them separately, as well as in a group. Spending time with each child individually, helps you bond with them and gives them a sense of uniqueness. You want your children to know that you love them all equally and that they all deserve time with you.
68. Make time to play with your children every single day. Playtime helps get you and your children moving, which benefits your health. Playing also encourages creativity, social interaction, imagination, and good self-esteem. Active play is better than passive, so take your kids to the park or even just the yard and let loose your inner child.
69. A great parenting tip is to not try and lay guilt on your child all the time. If you are always trying to make your child feel guilty for something they have done or haven't done, your child will develop a complex and will greatly resent you for it.
70. Although most medication labeling states dosages according to age in years, you should consult your pediatrician if your child falls within those age ranges but is significantly heavier or lighter than other kids his or her age. Children metabolize certain medications much differently than adults, and dosing based on weight is more likely to deliver a therapeutic amount of the active ingredient.
71. As you buckle your child into his or her car seat, you should check to ensure that the shoulder straps are snug - not tight enough to cause red marks or indentations, but not loose enough that the child could wiggle out of the harness. To check whether or not the shoulder restraints are too loose or tight, try to pinch the straps together above the buckle. You should not be able to pinch them together.
72. When you are flying with a car seat, request a seat-belt extender from your airline. This item will make the belt longer and allow you easier access to the buckle when it is time

to get off the plane. Many parents have trouble getting their car seat off the plane because the airplane's belt gets caught in the car seat. An extender will eliminate the problem.

73. For young children, don't underestimate the power of naps. They need more sleep than an older kid. Children can usually stop napping around five or six years old. Young toddlers should be taking up to two naps a day, and children 1.5 and older should still be taking one nap per day.
74. A great parenting tip is to look at the efforts of your own parents as a base to work from and not the only way to raise your child. There's nothing worse than repeating the same mistakes with your child that your parents made on you. Always strive to come to your own solutions.
75. A great parenting tip is to restrict how much time your child can watch television or play video games. Watching too much television or playing video games too much can promote laziness and can possibly lead to an attention disorder. It's best to limit how much time they spend with these activities.
76. Give your children a big hug as often as possible, and remind them that you love them. No matter how angry they make you, or how badly they mess up your home, they're still your kids, and they will be forever. They will grow up to be well-adjusted adults as long as they know they've been loved.
77. Do not tolerate bullying. Do not allow anyone to tell you bullying is a natural part of growing up. If your child is the one being bullied or the bully, remember bullying is counterproductive to healthy psychological development and academic progress. You can intercede to make a positive difference not just for your child but for their classmates as well.
78. Taking your little one for a walk after dinner is a great way to tire them out for the night. After a day of fun you would think your little one would be exhausted, but on the contrary, they seem to get a boost of energy right before bedtime. Help them expend this last bit of energy by a quick walk around the block, pick up acorns and make it an adventure. This should help bedtime go smoother.
79. Make sure that you and your partner are on the same page when it comes to disciplining your child. If the two of you do not present the same messages to your children, they will learn how to turn you against each other. There will be times that you will both disagree about what you should do; talk about these instances in private so that your children do not hear.
80. Do not be afraid to make a little time for yourself in your parenting schedule. It can feel selfish to schedule private time when your kids need you. A brief opportunity to relax and relieve stress is worth it, though - not only to yourself but to your kids, too. A little relaxation will keep you balanced and able to react calmly to parenting crises.

81. Keep in mind how important your children are to you, even if they do drive you crazy sometimes. There are plenty of people out there that would love to be in your shoes or have a family but can't for a number of reasons. Cherish your children and remember how fortunate you are.
82. As your child grows up, give them increased responsibility by soliciting their suggestions for activities you can share. One-on-one time with your children is precious and increasingly rare as they grow older. Ask their advice on how to get more of it, and you will be rewarded with a stronger parent-child bond, even as your child gets older.
83. Try to attend every performance, sporting event, or whatever your child has going on. This is a great way for you to show your child that you care about them and to encourage them in whatever they want to do. If you have multiple children and their events conflict with each other, one parent may have to go to one event and the other to the other event; but always try to attend these events unless you absolutely cannot.
84. If you have multiple children, keeping up with all of their prescriptions can be quite a challenge. Walgreens and other chain pharmacies offer iPhone and smart phone apps that allow you to scan the bar code on your child's prescription medication and access information on fill dates, directions and refill status.
85. When you are flying with a car seat, request a seat-belt extender from your airline. This item will make the belt longer and allow you easier access to the buckle when it is time to get off the plane. Many parents have trouble getting their car seat off the plane because the airplane's belt gets caught in the car seat. An extender will eliminate the problem.
86. As kids get to be older, they can still have the same difficulty in calming down as they had when they were small babies. You can provide them with a place to calm themselves by throwing a blanket over a table to give them a safe cocoon type place to regroup.
87. For toddlers who are picky about their meals, add vegetables that have a strong flavor. Adding a cup of finely shredded carrots to spaghetti sauce or pizza sauce is undetectable, as is mixing yogurt into mashed potatoes. Both methods get your toddler much needed vitamins and nutrients without them even knowing it.
88. Remember that even though you're a parent, you have to take care of yourself too. Take some time off for yourself, even if you have a lot of things to do. You will feel better, and your children will be happier as a result.
89. A great parenting tip is to take your child to work with you one day. By taking your child to work with you, they'll get an appreciation of what you do everyday, and they'll also get to know you a little better. This can be a great way to bond with your child.

90. Encourage your child to drink lots of water. Sugary sodas, juices with hidden sugar and even sugar-free drinks add either extra calories or unhealthy artificial sweeteners to his diet. Drinking water will keep a child well-hydrated and help to maintain a healthy digestive system. If they want something that tastes good, try mixing a little fruit juice with the water.
91. Baby-proofing your home is essential once your little one begins crawling. Covering electrical outlets, and tying up loose cords is important. Secure anything loose that the baby could pull down, and put all chemicals up and out of baby's reach. Children will find things to get into that even the most diligent parent can't foresee. Baby-proofing will help keep you one step ahead of your little one.
92. When a family pet dies, it is important that you sit your child down and explain what happened. Although your child will be upset, it is better to be honest with them about the pet's death so they are prepared for getting another pet and this pet eventually passes away.
93. Begin enforcing discipline techniques when your child is very young. Even if you think that your child can't understand what you are teaching them, it is extremely important for you to begin establishing positive behaviors at an early age. It is very hard to change a negative behavior once it has developed.
94. When a child throws a tantrum it is important for a parent to take action right away. The child needs to be told that the way that they are acting is inappropriate and that it is not acceptable. Once the child is reprimanded a few times they will learn that their parents mean business and will not let it go.
95. Cooling down over-the-counter child medications can make them more palatable for your kids. When your child refuses to take the medicine he or she needs it's easy to get tremendously frustrated. The disagreeable taste of over-the-counter liquid medicines can be ameliorated with a little cooling. Put OTC syrups in the fridge or freezer to make them tastier to your children.
96. To instill the ethic of hard work in your children give them chores. Make sure they are of varying degrees of difficulty with corresponding rewards. The easiest task will have the simplest reward and the hardest task the best reward. In this way they will learn that hard work pays off, and very little work has very little reward.
97. Don't watch scary movies with your children! Studies have found that scary movies cause children to suffer from nightmares, phobias, and a need to be attached to their parents. Wait until they're old enough to handle the scary images or you might inflict them with permanent fears into their adult life.
98. Keep up-to-date with what is going on in your child's classroom. Teachers love parents that get involved in their children's education and will tell you what is going on. Use this and learn everything you can about how your child is doing in school.

99. As a parent, you know how important it is to spend time with your child, but it is equally important to have some time to yourself. This will help you unwind so that you can become a more effective parent, and find out who you really are.
100. When your child falls and bumps their head, do not allow them to go to sleep for at least two hours. This is because you want to monitor for symptoms that your child may have suffered from internal bleeding. Some symptoms include disorientation, confusion, headache and dizziness complaints, and blurred vision. If your child has these symptoms, bring him/her to the emergency room.
101. If you want to encourage your child to study longer, don't force them to sit at a desk for hours on end. Your child might feel more comfortable on a bean bag, or in the imaginary fort in their room. As long as the location is well lit, it can serve as a great study area. This just might motivate your child to study longer.
102. Tell your friends and family that you plan to breastfeed and educate them as to why. Let them know that you will have moments of stress and doubt and that they should help remind you of why you are doing this. If you provide family and friends a list of reasons why they will be much more likely to encourage and support you when things get hard.
103. Do you want your child to value reading? Show them that you value it yourself by providing a number of age-appropriate books, and incorporate reading into your daily routine whenever possible. Read your child a bedtime story at night, and let them see you reading a favorite book just for fun.
104. If you are cutting your child's bangs and can't seem to make them look right, do not trim them from ear to ear. Try starting at the end of one eyebrow and cutting in until you get to the end of the other eyebrow. This will make your child's bangs look like they were professionally cut.
105. Invest in a great nursing pillow for breastfeeding twins. A pillow will make your breastfeeding go much more smoothly. You will be able to use it to feed both at the same time. Make sure you remember to switch sides during the feedings as they will have different sucking patterns.
106. Want your child to have a large vocabulary? Talk to her! Studies show that parents who spend significant amounts of time talking with their children about everyday events have children with larger vocabularies than their peers whose parents spend less time talking to them. So turn off the TV, put down your book, and start a conversation!
107. It is crucial that you are mentally and physically there for your children, if you and their father are going through a divorce. Children usually get depressed when their parent divorce and turn to unhealthy habits. You can prevent these habits from

happening, by letting your children know that you still love them and that they can lean on you.

108. Listen to your kids! Even when they are infants their chattering can tell you much about how they are feeling. Whether they are an infant or a teen, however, what a child is saying or not saying is often a dead giveaway as to what might be wrong. All you have to do is listen closely and use your intuition.
109. Make sure that your child gets at least one hour of active play time outdoors. Outdoor play is needed to exercise his body and to develop his gross motor skills. His muscles and coordination will develop as he climbs, runs and jumps. A good hour of playing outdoors also helps him sleep better at night.
110. When your child throws a fit or goes into a temper tantrum, he or she may be overstimulated. Isolate the child from any exciting stimuli, in order to help him or her to calm down faster. A child-sized tent may be the best place to calm a truculent child. For a faster, cheaper alternative, you can put a blanket over a small table to create an isolated, calming cavern for your child.
111. When you tell your kids you are going to do something, then do it. If you show your children you aren't consistent with what you say you are going to do, they will learn to ignore what you say. This can lead to problems such as your children not trusting you.
112. While discipline is often necessary to keep your children in line, if it is inconsistently applied it can be worse than no discipline at all. If disciplinary actions seem random to your kids, they will tempt fate by continuing to act out. Develop a consistent plan for discipline and make sure that all the other adults who care for your children understand it.
113. Try making a special reading area for your children. Put some appealingly arranged shelves full of books appropriate to their age group and a comfortable place to sit and read. Encourage them to use the space by making a reading corner time each day, and if possible, let them see you reading during this time as well.
114. Tantrums are a method of communication, so punishing a non-verbal child for throwing a tantrum is useless and often harmful. If your child is too young to speak or has a speech-related disability, have patience with tantrums while you work on teaching your child better, more effective communication skills.
115. For parents of children who are picky eaters, it is important that you give the child whatever they like. Although you may feel frustrated that your child is eating the same foods, it is important that they eat something, even if it is the same thing over and over again.

116. An important tip for parents is to become acquainted with your children's friends as well as their parents. By getting to know your children's playmates and also their moms and dads, it is possible to develop a sense of comfort and confidence in the types of influences to which your sons and daughters are regularly exposed.
117. To make hair washing an easier process, pretend like your child is visiting a hair salon. Allow her to lay her head up to the sink and place a towel underneath her neck. Give your child a head massage while you are rinsing her hair. Engaging in imaginative play, will make this task fun for your child.
118. A good parenting tip is to try not to be your child's best friend all the time. If you're constantly concerned about how your child thinks of you as his or her friend, you probably falling short in terms of being a parent. Ideally you should strive for a balance between the two.
119. A great parenting tip is to never verbally abuse your child. Abuse is abuse, no matter what form it is. Verbally abusing your child can make them feel worthless, confused, and can lead to a multitude of emotional problems in their later life. Never verbally abuse your child under any circumstances.
120. Use your smart phone to entertain your child. You can download a variety of applications and games that will leave your child mesmerized. This is particularly useful if you need to complete a chore or make dinner for your family. Letting your child play with the phone should give you a nice stretch of uninterrupted time to accomplish your goals.
121. A great parenting tip is to not try and fill your child's head with your own opinions and beliefs all the time. It is understandable that you want the best for your child, but you have no right to tell them how they should think or feel about everything.
122. Make sure to give your twins time with you that they don't have to share. All too often twins are thought of as one complete unit. They are separate people and they need time to discover who they are on their own. Make time each week to take one twin to the park or the store with you.
123. Make sure you pick your fights wisely, both for your child's well-being and yours. Fighting over what your child wants to wear to school is going to seem hugely insignificant down the road when they're grown and have moved out. It's much nicer to be able to look back on your relationship with happiness.
124. If you make a statement, follow through with it. If you say the same things over and over to your child without imposing a consequence, he is never going to listen to you. However, if you truly mean what you say and you follow through with your words, your child will learn to listen to you the first time you say something.

125. Start teaching your child to do chores at a young age. Even a 3-year-old can be taught to do basic chores, like feeding the dog or picking up toys. This will instill in your child the idea that he plays an important role in the family. It will boost his self-esteem.
126. It's very important to keep children safe from kitchen hazards. While you are working in the kitchen with little ones milling about, remember to use the burners on the back of the stove. Even the smallest hands can reach the front burners! Also, keep pan handles pointed to the back so those grabby fingers cannot pull a hot pan down!
127. Limit your young child's TV time to no more than a few hours a week, if any. Studies have shown that a child's mind is really not active when they are watching TV, because TV watching is a passive activity. TV watching does not exercise the brain. Instead, engage them in constructive activities which requires them to interact.
128. A great tip to help you become a better parent is to show your child the same respect that you want from him or her. You're not likely to be respected by your child if you demand respect all the time and you aren't respecting your child's boundaries or ideas.
129. Listen to your kids. Beyond just trying to make excuses and complain about stuff, they do try to tell you things. If you are listening to them you can correct a lot of issues before they get out of control. They need to feel like they can talk to you and that you will actually listen and not just hear what you want to hear.
130. Teaching your child to take good care of his teeth will set him up for a lifetime of smiles. Regular checkups, sealants to protect the teeth, and proper dental care at home, will keep teeth healthy and cavity-free. Starting good oral care early in life will prevent many problems and potential disease later in life.
131. Toddlers love to dip their food into different tasty treats. Cut up fruits and veggies and offer them healthy dips. These can be yogurt, tofu dip, cream cheese, or perhaps cottage cheese. This will add more nutrition to your toddlers diet and they will be none the wiser because they are having fun!
132. Discipline is important when raising children, but punishment can ruin a child's future. Making the distinction between loving correction and angry retribution is critical; a child must learn to trust you before they will truly change their behavior. To build love and trust between your children (while also correcting their wrong actions) repeat the fact that you love them, even in discipline. Also, wait until you are calm before delivering discipline; never act in fury.
133. In order to have a proper developing toddler, it is important that they get many hours of social interaction. A great idea to get this done is for them to enter a preschool. This way, they can meet other children their age and build their knowledge basis at the same time.

134. Instead of using bottles as a way for dad to bond with the baby, look into other more novel options. Many breastfeeding relationships are harmed by the need to have dad involved in the feeding. Fathers however have many other ways to bond with their babies than by interfering with feeding time. Have dad give baths or massages to the baby. Dad can rock the baby to sleep after breastfeeding is done providing crucial bonding moments.
135. Exercise caution when diagnosing siblings who start to display symptoms of an illness shared by another brother or sister. Although families with multiple children often share germs, viruses, and illnesses, sharing medications or neglecting to take each child to the doctor increases the risk of health problems caused by unchecked or misdiagnosed ailments.
136. A great parenting tip is to do everything you can to boost your child's confidence. The one and only goal of a parent is to instill confidence in their child. Without instilling enough confidence, children can go through life feeling worthless and feeling like they'll never measure up.
137. TVs falling on children happens more than you would like to imagine it does. In the age of big screen TV's, it is more important than ever to secure your television sets. The best place for a television is mounted to the wall, but if this is not an option, bolt it down to the entertainment center. Making sure your home is safe for your little ones is an essential part of parenting.
138. If you are a new mom of twins, ASK FOR HELP! Not asking for help is one of the worst things that moms of twins do. Having newborn twins is not the same as having one baby. Take anyone and every one's offer of help whether doing some grocery shopping, running the dishwasher, or just sitting with the sleeping babies for you to get a break. You will be a better mom for it.
139. Raising teenagers can be a challenging task, but there are some approaches that may help. For example, instead of lecturing them you should try to discuss issues with them. Make the teenager feel free to speak, provide an open forum to exchange ideas. You will find this positive approach to parenting will work wonders with your teen.
140. Consistency is essential when parenting children. Children need to know what is expected of them every time. If you are not consistent with your expectations, it could cause your child to get confused and not know what it expected of them. Keeping expectations constant makes life easier for both the parent and the child.
141. The number one, most important tip about parenting has got to be that you must be there for your child. Children need and want your physical presence as well as your listening ear. If your child knows that you are right there to listen to their needs, it will go a long way in strengthening your relationship.

142. For an alternative to traditional timeouts, make a "mind jar" by filling a mason jar with water and a scoop of glitter. Tighten the lid securely. When your child needs some time to reflect on his or her actions or feels angry, shake the jar to stir the glitter, and have your child sit and hold the jar as he or she watches the glitter fall to the bottom. By the time the glitter settles, your child's mood will have settled, too.
143. Avoid using other children you know as benchmarks for your own child's rate of growth or development. Every child acquires skills like walking, talking, reading, and so forth at his or her own pace, and it is much healthier to bring up any concerns you have with your child's pediatrician.
144. When you are planning outside activities with young children equip them with miniature first aid kits of band-aids, mosquito repellent wipes, and sunscreen. This will save you many frustrations having to run back to the camp, house or your vehicle for a band-aid for even the most inconsequential boo boo.
145. It's very important to keep children safe from kitchen hazards. While you are working in the kitchen with little ones milling about, remember to use the burners on the back of the stove. Even the smallest hands can reach the front burners! Also, keep pan handles pointed to the back so those grabby fingers cannot pull a hot pan down!
146. When a child acts out it is important to take their privileges from them within reason and that the punishment match the crime. You do not want to take all of a child's privileges for a minor wrongdoing. If you do, it will not motivate them in the desired way.
147. For parents of children who are picky eaters, it is important that you give the child whatever they like. Although you may feel frustrated that your child is eating the same foods, it is important that they eat something, even if it is the same thing over and over again.
148. Need a break from parenting but can't afford a babysitter? Give a play date a try. A well set up play date will give your child some extra socialization and stimulation. In addition, you'll get to enjoy some adult time with the other parents who are present.
149. When traveling with small children, consider booking two rooms with an adjoining door. This will allow you to have your child sleep in a separate room without being too far away from you. It also provides more space to unpack without baby going through the suitcases. Be sure to double-check when you make the reservation that the rooms are physically connected with a door, not just next to each other.
150. Take advantage of carpools when sending your children to school. A carpool allows you to not have to shuttle your children back and forth to school every day. It also gives your children some extra socialization time with the neighbors. You save time, and save on gas as well.

151. Eat dinner with your family as often as you can. Eating dinner with your children encourages healthy eating habits. It also allows you a chance to re-connect as a family, to discuss what went on during the day. When you eat together as a family, you know where your children are and what they're doing in the evenings, which makes it easier to curtail or control destructive behaviors.
152. When your child falls and bumps their head, do not allow them to go to sleep for at least two hours. This is because you want to monitor for symptoms that your child may have suffered from internal bleeding. Some symptoms include disorientation, confusion, headache and dizziness complaints, and blurred vision. If your child has these symptoms, bring him/her to the emergency room.
153. To encourage breastfeeding in an infant, offer your child plenty of skin to skin contact. Skin to skin contact makes a young infant feel content. It also allows them to smell Mom's milk and so, want to breastfeed more. The feeling of bonding and closeness that skin to skin contact facilitates is also great for Mom, as it reduces stress.
154. Don't force your child to study only one subject at a time. Studies show that humans learn better if they study two or more subjects at a time. This gives the brain a short period of rest to absorb material, and our brains also learn more effectively when subjects are integrated.
155. As unfortunate an event it may be, divorces happen all of the time. In order for you, a divorced parent, to hold a good relationship with your college aged and older children you must never get them in the middle of your divorce. This will push them away for you and your ex-spouse.
156. Get your little one involved in meal preparation as soon as they are able to handle specific tasks with assistance and supervision. For example, having a toddler help pour ingredients into a bowl can teach basic measurement while allowing you to finish preparing a meal. Just be sure to supervise closely and keep your child away from any dangerous appliances or utensils.
157. If you have an adult child who is going to be deployed, it is very important that you explain what the military is all about to your younger children. They are going to want to know where their sibling is going and it is better that you are completely honest with them, in case tragedy should occur.
158. Homework can become very frustrating for children. Sometimes, the amount of homework our children bring home can seem daunting, to say the least. When your child seems too stressed-out during his evening sessions, try suggesting a homework time-out to ease the tension. Having a snack, drink, or maybe just some conversation about his day will sometimes do the trick. Breaking the work up into more manageable tasks can help as well.

159. Teach your children good eating habits early on. Always offer at least one fruit or vegetable at every meal. Limit sweets as snacks, and encourage them to drink water, milk, or juice. The habits you teach them now will follow them throughout their life. They can help prevent obesity and other illnesses as well.
160. It is important to make sure that your child is not watching too much violence on television. Children learn by what they see and if they see too much violence it could make them think that it is acceptable or lose a sense of what is real violence and what is not.
161. A great parenting tip that you can do in order to effectively understand your child is to listen to them attentively. When they are talking, refrain from interrupting them and let them finish their sentences. This will make them feel appreciated knowing that you are interested in what they have to say.
162. If your child is having difficulty with homework, one of the most important things to help them is to know the teacher and understand what they're looking for. Attend school conferences or set up your own conference with the teacher and ask them specifically what they look for in their assignments.
163. The most important thing to remember while disciplining your children is consistency. Parenting during the terrible-two's can be challenging, for both little one and adult. At this stage children like to push the limits of what is and is not allowed. Make sure that you set clear boundaries and are consistent with your time-outs so children know what is expected of them.
164. Praise your children often! If you 'catch' your child doing an appropriate behavior, tell him how proud you are. Children love positive words and praise. Hearing kind words will help your child to feel good about himself and will cause him to continue trying to do good things to receive more praise.
165. Getting into an argument with your child is never fun, and when emotions are flying high, it can be easy to lose your cool and say things that you regret. When you feel yourself getting very upset, give yourself permission to take a time out. Walk out of the room, take a short walk, read a book - give yourself a chance to calm down.
166. If you have kids, have your home tested for lead. Young kids put just about everything in their mouth. When they accidentally ingest paint that has lead in it, they can become very sick and in some cases, they can even die. If you think your child may have ingested lead, bring them to the doctor to get a blood test.
167. Do not spank your child, no matter what they may have done wrong. Spanking actually has a negative effect on your child. It could cause him or her to fear you and when they get older, they will think that hitting is okay. In the long run, spanking can cause a child to become violent.

168. Feel free to breastfeed your baby for comfort. Many believe that breastfeeding for comfort will make the baby associate food with emotional comfort. Offering the breast actually encourages your baby to turn to you instead of things for support. The breastfeeding is just one component of the bond that helps your baby feel better. This will provide crucial emotional security and stability as they develop.
169. When treating common children's cold and flu symptoms, always check the active ingredients in his or her medications whether it is an over-the-counter or prescription medicine. These products contain multiple ingredients that are commonly found in a number of medications. Rather than risk an overdose, it is safest to use only one medication unless otherwise directed by a pediatrician.
170. Make sure you're encouraging good habits from the beginning. Whether it's hygiene or behavioral habits, you want to encourage your child to learn the right behaviors right from the start. It's much easier to teach a child good habits right away than to try and get them to unlearn habits to learn different ones.
171. Reading your child a bed-time story is a great bonding experience at the end of the day. After dinner and bath-time, put your child into his or her pajamas and curl up with a book or two. Laying in bed reading, helps your little one to wind down after a busy day of learning and exploring. Beyond having a love for books, your little one will look forward to bedtime, each night.
172. Play with your children. Not only is it fun for both of you, playing also has an incredible impact on reducing children's negative behaviors. By spending time with your children in this manner, you are making them feel like they are important to you. That means they will be less likely to engage in negative behaviors to get your attention.
173. Begin enforcing discipline techniques when your child is very young. Even if you think that your child can't understand what you are teaching them, it is extremely important for you to begin establishing positive behaviors at an early age. It is very hard to change a negative behavior once it has developed.
174. Never let your baby cry it out. A baby who cries it out, will feel abandoned and confused. The only way they have to communicate with you is to cry and when you don't respond, it's like you aren't listening to your child. All babies will sleep through the night eventually, so use a gentler approach to get there.
175. Play time is a child's favorite time. Playtime is something they need. Parents would be smart to not just leave their children playing on their own.
176. One of the most important tips that can be offered when it comes to parenting is to be consistent. Never say you are going to do something then not carry through with it. This will lead your children to believe that you are not serious which could be very harmful when it comes to serious matters.

177. Make sure your child always wears a protective helmet whenever he rides his bike. A great way to ensure proper fit as well as a good helmet is a visit to the local fire station. Your child will be fitted with a free, fitted helmet and given advice on the importance of helmet-wearing. This can be fun as well as informative for the child and parent. Check with your local fire station to see if this service is available in your area. If not, go to a reputable bike shop.
178. Let the baby nurse as long as he is still actively sucking with deep drawn motions. If the baby starts to slow down, hold down on your breast for a few seconds to release more milk. If he is still hungry, this will get him going again. If he does not respond then try switching sides as he may have emptied that breast.
179. Going from one activity to another can be difficult for very small children. Abrupt changes can lead to stress and crying fits.
180. Do not put work above your child. Of course it is necessary to work in order to support yourself and your family, but if you are never around, your child is going to feel like you are a stranger, which will make them not want to trust you or be close to you.
181. A great parenting tip is to not try and lay guilt on your child all the time. If you are always trying to make your child feel guilty for something they have done or haven't done, your child will develop a complex and will greatly resent you for it.
182. A great parenting tip is to encourage your child to eat healthy. You should attempt to do this while they're young because as soon as they grow up, they'll be well accustomed to what they like and what they don't like. Encouraging them to eat healthy can help them form healthy eating habits.
183. Using win/win negotiating strategies to help resolve the every day disputes that often arise between siblings can go a long way to help reduce fighting. When children quarrel, focus on trying to help them see that there is a solution that will get everyone's needs met. Ask for their suggestions first and then offer more of your own.
184. Program some cool ringtones into your cell phone. If you can find some different ring tones that catch your child's attention, you may find that you can use those ring tones to get your child to calm down during a break down. It will catch their attention and make them forget about the fit they were throwing.
185. If you cannot seem to get your child to take his medicine when he is sick, try adding the medicine to a spoonful of chocolate syrup. It will be like they are eating a bit of candy instead of the medicine that will make them feel better. Everyone will feel better.
186. If your baby is breastfeeding, make sure that your child's pediatrician or family doctor uses the World Health Organization growth charts intended for breastfed babies.

Your baby may grow differently from formula-fed babies and these charts, better reflect the standard growth patterns for infants and toddlers that are nursing.

187. Give your children a big hug as often as possible, and remind them that you love them. No matter how angry they make you, or how badly they mess up your home, they're still your kids, and they will be forever. They will grow up to be well-adjusted adults as long as they know they've been loved.
188. Allow your child an appropriate level of independence. For example, when your child is ready to walk to school by himself, consider whether or not it is reasonable and NOT whether or not you feel comfortable with it. You'll never be totally at ease with letting your child do things on his own, so just relax and let him have some leeway.
189. Even if your child fails, praise them for a job well done. There is no harm in helping them learn from their mistakes and helping them to not make the same ones again. But telling them they're a failure or a loser will break their self-esteem to pieces. Nurture them even in their darkest moments.
190. Network with parents of children who share your kids' interests and work together with them to build a supportive community. When your children develop hobbies or pastimes, you should make a commitment to supporting their interests. By pooling your resources with other parents, you can often achieve goals that would be impossible on your own.
191. Play games with your children that involve money. Not only will you be spending some fun, quality time with them, but they will be learning important lessons about money, such as how to make change and how to budget. As they become more skilled and confident in the area of money, this will ensure that they will be adults who make wise financial decisions.
192. Install a latch on your toilet lid. Although it seems like a small amount of water, the water in your toilet bowl is enough for a child to drown in. A top-heavy toddler can easily peer into the bowl and tip over and not be able to get out. Keep the lid down and remind any guests to use the latch as well.
193. You need to set boundaries for your children right away. Children need to know what the expectations are and that they are expected to do certain things. By creating boundaries for your children you will be showing them that you care enough to pay attention to what they are doing.
194. When possible, make time to volunteer at your child's school. This is a good way for you to see how your child is doing in school. In addition, you will be offering valuable service in helping out the school with activities. Schools are often understaffed, so parental involvement contributes a lot to a school's success.

195. Make sure your child has time to be a child! Don't force them to grow up and deal with things too early. Kids are only young once, and it's important that they get to make the most out of it. Give them time to play and explore and to just be a kid.
196. If you have a difficult or especially demanding toddler, consider part-time daycare or nursery school. These options allow you maintain most of the control in raising your child, but still get them out of the house. Nursery school can provide a situation in which your child is being cared for by someone who won't give in to their demands and doesn't mind if they cry.
197. It might be hard to get a preschooler to deal with change. Abrupt changes can lead to stress and crying fits.
198. Make sure your swings and mobiles use plugs over batteries. When you have twins you are using two of everything and that will include double the batteries. Save yourself the extra cost by only buying or registering for items that you can plug in so that you won't have to take out a mortgage for batteries.
199. A key parenting tip is to become active in your child's school environment and activities. Becoming acquainted with the instructional staff and their curriculum goals can greatly help your child fulfill their true potential. This will enable you to work alongside your son or daughter and assist them when needed.
200. A great parenting tip is to take time out of your busy schedule to spend with your child. Don't get too caught up in your work or other things. Your child deserves attention and you should set aside enough time to spend with them from time to time.
201. An important tip for young parents is to make time each day to read to your child. Exposing children to books and illustrations is a great way to introduce them to language and art. By doing this, you will help build their vocabulary and help them get ready to learn once they enter school.
202. If you have a hard time getting a young child to understand and complete a task, you should try to give shorter and more precise instructions. If the instructions are too long, the child may have difficulty grasping all the concepts. Also, if the instructions are vague, the child might just ignore the instructions altogether. Keep it short and to the point.
203. A great parenting tip is to accompany your small children if they decide to go trick or treating. Young children definitely need a chaperone or parent with them when they go trick or treating because it can get hectic. You should be there for them to make sure they are safe at all times.
204. Children learn fears based off their parents reactions to certain things or situations. Children tend to look to their parents for cues as how they should react to certain circumstances. If you show your toddler that you are afraid of ants on the

sidewalk, don't be surprised if your little one develops a fear of bugs. Keep mindful of your reactions to daily situations if your little one is with you.

205. Make sure that your young child goes to bed at the same time everyday, even on the weekends. If you let your child stay up late on the weekend, sometimes it is difficult for him to return to his regular sleeping patterns during the weekday and that will cause him to oversleep in the mornings. Keeping the sleeping and waking schedule consistent is better.
206. You must be consistent when it comes to rewards AND punishments. If your daughter gets in trouble for coming home past curfew, but your son only gets a slap on the wrist, your daughter will see the unfairness and rebel. Treat all your children equally, both for good activities and bad ones.
207. In order to increase the chances of a child's success in school, parents should be an invested part of the education process. This can happen in many different forms. At the very least, parents should be aware of what the child is learning in school and try to help with things like homework, when applicable. Parents should also attend parent teacher meetings and if time permits, join the PTA. It is important that the parents are aware of how their child is doing in school, so that they can resolve any issues that may come up, as quickly as possible.
208. When you are planning outside activities with young children equip them with miniature first aid kits of band-aids, mosquito repellent wipes, and sunscreen. This will save you many frustrations having to run back to the camp, house or your vehicle for a band-aid for even the most inconsequential boo boo.
209. One way to keep your children happy and avoid disappointments on either side of the parenting equation is to make sure they thoroughly understand your expectations. You can not reasonably expect a child to meet your goals or obey your rules if you do not communicate them clearly. Confusion can be a legitimate excuse for poor behavior if you do not make an effort at clear communication.
210. A good way to teach children not to be wasteful is to explain to them the cost of everyday living. Spend some time showing your children not only that everything from electricity to food costs money, but also explain how hard and how much you must work to pay for these things.
211. Praise your children often! If you 'catch' your child doing an appropriate behavior, tell him how proud you are. Children love positive words and praise. Hearing kind words will help your child to feel good about himself and will cause him to continue trying to do good things to receive more praise.
212. Develop patience when dealing with a breastfeed baby who is trying to learn how to use a bottle. Breastfeeding comes naturally to them and bottle feeding doesn't. Make

it a gradual process for the baby so that they are ready to transition when you are. It won't happen overnight so stay calm and just keep trying.

213. Do not put work above your child. Of course it is necessary to work in order to support yourself and your family, but if you are never around, your child is going to feel like you are a stranger, which will make them not want to trust you or be close to you.
214. A great parenting tip is to never physically abuse your child. This severely damages your child, and if you're caught, your child can be taken away from you. There are better ways to instruct and discipline your child, never resort to physical abuse.
215. You can make your disciplinary efforts far more effective, by trying to shift the focus of your words from only highlighting the child's wrongdoing to using positive language. Children who are repeatedly criticized, have a natural tendency to resist discipline, which in turn, leads to increased instances of fits, discipline problems and poor conduct.
216. One of the most important tips for all parents to remember is patience. Children are very illogical depending on the phase of development and this can be really difficult for many parents to deal with. Sometimes, they will have a tantrum for no real reason and you will have to find a way to just ride it out.
217. Help the child to develop routines by establishing a schedule very early. If you give them specific times for different events they will begin to naturally adjust to these times. This will help to make shower, eating and bedtimes much easier. The child will also feel more secure.
218. Making sure your children are fed properly will help your day run smoothly. When children are hungry, you will be able to tell right away. Infants will scream until they are fed, toddlers will throw a temper tantrum, pre-schoolers will get crabby, and older kids will get a horrible attitude. All this can be stopped by giving them a snack every 2-3 hours.
219. Reading your child a bed-time story is a great bonding experience at the end of the day. After dinner and bath-time, put your child into his or her pajamas and curl up with a book or two. Laying in bed reading, helps your little one to wind down after a busy day of learning and exploring. Beyond having a love for books, your little one will look forward to bedtime, each night.
220. If you find out that your child is being bullied at school, it is important that you remain calm in front of them. Comforting them and letting them know how special they are to you can help ease the embarrassment and emotional pain that the bully has caused your child.
221. If your baby is breastfeeding, make sure that your child's pediatrician or family doctor uses the World Health Organization growth charts intended for breastfed babies.

Your baby may grow differently from formula-fed babies and these charts, better reflect the standard growth patterns for infants and toddlers that are nursing.

222. Live what you say, don't just say it. Children will learn by your actions as much as your words. Show them how you would like them to behave. If you don't want them to smoke, you have to not smoke yourself. If you'd like them to eat healthy, make the same healthy choices with them. Even kids can see right through hypocrisy!
223. Make sure to give your child a vitamin daily, starting around the age of 2. Even though your child may be getting vitamins from what they eat, it may not be enough for their growing body. Because children typically do not swallow pills, there are chewable and gummy vitamins made just for children.
224. Give your child choices in order to avoid time-consuming tantrums. If you're tired of being late to work because your child won't wear the clothes you put out for him or her, try laying out two or three outfits the night before and allow them to pick what they will wear in the morning. You'll be amazed how readily they'll get dressed when they did the choosing.
225. When your children demonstrate an interest in or a talent for a particular activity, do all you can to cultivate their new-found hobby. Kids derive great benefits from excelling in any field, and they are far more likely to do so in a field they enjoy. Nurturing your child's natural interests can provide a huge boost to their confidence and self-esteem.
226. Make sure you are communicating with your child frequently. Good communication involves talking and listening; when you engage in these two skills with your child, it helps develop trust and respect between the two of you. When they are very young, talking also encourages language development, which opens the door to begin engaging in a variety of educational tasks.
227. Limit the amount of television your child watches each day. Too much television is bad for your child, mentally and physically. It is one cause of childhood obesity, can lead to poor eyesight, and contributes to feelings of anxiety. Have your child play with toys or go outside instead.
228. To strengthen the bond between you and your child, and to help enhance their cognitive development, turn off the television! Limit their tv watching to special occasions - children who spend very little time watching tv are more socially competent, more academically competent, and more creative and imaginative than their television-watching peers.
229. A great parenting tip is to admit when you're wrong. Don't think that just because you're older, that you're smarter and always know what's right. Admitting when you're wrong will make your child respect you more and they'll be more likely to listen to you when you have something to say.

230. One of the most important things you can do for your children is to control your own stress by taking time to care for yourself. Parents who take time to recharge can actually have more energy to care for their children than those who don't. It will help you stay calmer and be there for your children.
231. It is important that you raise your children to have self confidence. By not doing so, you are increasing the chances of your child turning into a teenager or adult who is depressed. Always make sure to make them feel good about themselves by giving them compliments. Also, praise them when they have done something good.
232. Regardless of how much your children may want one, do not allow them to have a television in their bedroom. There have been numerous studies that have shown that children that have TVs in their bedrooms sleep less hours than other children and they tend to weigh a bit more.
233. Taking your little one for a walk after dinner is a great way to tire them out for the night. After a day of fun you would think your little one would be exhausted, but on the contrary, they seem to get a boost of energy right before bedtime. Help them expend this last bit of energy by a quick walk around the block, pick up acorns and make it an adventure. This should help bedtime go smoother.
234. In order to be a good parent is important to promptly admit mistakes when you are wrong. Simply say "sorry" and let the child know that what you did was wrong. You might be his parent but that does not keep you from making mistakes. This will also build character in the child.
235. Don't watch scary movies with your children! Studies have found that scary movies cause children to suffer from nightmares, phobias, and a need to be attached to their parents. Wait until they're old enough to handle the scary images or you might inflict them with permanent fears into their adult life.
236. Teach your children to be charitable. There are many things that they can do to help others in and around their community. Volunteering at a soup kitchen or visiting the elderly in a retirement home are just a couple of examples. It's never too early to begin showing children the importance of giving to others who are in need.
237. Buy a fun ice pack to make immunizations less painful and scary. Kid-friendly ice packs are available in the form of animals, bugs and other fun shapes. By holding it to your child's skin right before and after a shot, it will both distract him from the pain and the chill will soothe and numb the area.
238. If your child is having trouble with homework, do your best to help them. If you are not able to help them, talk to the teacher about alternatives. The teacher might be able to provide extra help or point you in the direction of a great tutor that could help your child with the homework.

239. Make use of online video conferencing to build your children's relationships with relatives who live far away. By scheduling regular calls with grandparents, aunts, and uncles, your child will become familiar with their relatives and not be timid around them when they come to visit in person. Your child will be able to enjoy the relationships despite the distance.
240. Avoid answering your child's questions with "Because I said so," if your patience can stand it. By providing honest, age-appropriate answers to their questions, you demonstrate to your children that you respect and this will in turn foster their respect for you. Also, do not be afraid of telling your child when you don't know the answer to a question. Help them look it up on the computer or take a trip to the library together.
241. When you see something that your child has done well, be specific with your praise. For example, a general praise like "Good job!" sometimes is not as effective as saying "You did a great job putting away all those toys." When you are specific with your description, your child will remember that and will repeat the same good behavior in the future.
242. Certain signals, such as hand gestures, can be taught to your child in order for them to stop bad behavior. This is a non-verbal way of warning your child when he is behaving inappropriately, and it will give him a chance to change his behavior before you carry out a discipline.
243. Avoid disrupting your small child's eating and sleeping routines when you are traveling. Children find travel stressful, and this is particularly true in the case of infants. However, if you follow their normal bedtime ritual no matter where you are, they are likely to have no problems sleeping.
244. In order for your child to feel a sense of belonging in the household, it is important that they share tasks around the home so they feel they are contributing. Tasks assigned should be appropriate to the age of the child so they do not become overwhelmed and get discouraged.
245. To strengthen the bond between you and your child, and to help enhance their cognitive development, turn off the television! Limit their tv watching to special occasions - children who spend very little time watching tv are more socially competent, more academically competent, and more creative and imaginative than their television-watching peers.
246. In order for your teenagers to get along with you, trust is very important. If you try to accuse your teen of things that they may in fact be doing, it is only going to make your relationship worse. You must trust them; in turn they will respect and have such a great relationship with you that they wouldn't want to do anything to disappoint you.

247. If your child will be walking to his or her school, map out a set path before the first day. If possible, opt for the route that allows for as much space between the edge of the sidewalk and the street. You should also try to avoid, or minimize, the number of times your child will have to walk across the street.
248. Before taking your child to the doctor, prepare your young one for the visit. This can be reading a book about doctors or even roleplaying. Children often feel anxious about visiting the doctor, so preparing them for the visit and letting them know that the doctor's office is not scary, will calm their fears.
249. If your child's pajamas are consistently wet when you get him up in the morning, try putting him in a diaper that is one size larger than what he normally wears. A larger diaper provides more coverage and can take in more of your child's pee, providing them with a drier night's sleep.
250. Be consistent. Children function better when they know what is going to happen during the day, especially young children. A huge change in schedule or no schedule will give you very crabby children. They will feel like they are out of control, and they will show you that in their behavior.
251. A great parenting tip is to not be so transparent when you're angry or stressed out. When your child sees you angry or stressed out, they'll start feeling anxious themselves, and this can lead to serious emotion problems in the future. Always try to remain calm around your children.
252. If your child likes to take their pajamas and diapers off while they are in their crib or unattended, try this neat little trick. Cut the feet off of an old pair of footsie pajamas and put them on your child backwards. It will make it so they cannot unzip them and take them off.
253. Keep rotating toys so your toddlers do not get bored with what they have. Most toddlers will not play with a toy that much after two or three days unless it happens to be one of their most treasured items. If you rotate toys they will seem new to the toddler and you will not have to buy them all of the time.
254. Check toys for safety before allowing your toddler to play with them. Look for things like long cords, sharp edges, lead paint or parts small enough to swallow. This is especially important if you have older children in your home. Toys appropriate for a school-age child can be dangerous to a toddler.
255. Choose your battles with your children. It is important to allow them to have some control over their environment, in order to reduce their frustration and allow them to develop independence. However, your children do need some rules, particularly in situations that affect their safety. Think about whether it is worth a fight or not before you argue with them.

256. If your child starts having accidents at night after being potty-trained for a long time you may want to take them to their doctor. Most children begin having accidents after something has happened to them. A doctor will be able to evaluate them and possibly figure out what is happening.
257. When your child starts school it is important to make sure that they know what to expect. If at all possible you should take your child on a tour of their school before they attend. This will help them to feel prepared and may help relieve some of the anxiety they may be experiencing.
258. Allowing your child to socialize with children of the same age is important. You should make an effort to get to know your kid's friends and those friends' parents. Cultivating social contacts between parents will help ensure your child is supervised in accordance with your wishes. A network of closely-connected parents can be a powerful child-rearing resource.
259. Praising children when they behave well is part of being a good parent. Kids need attention. If they are not properly praised for good behavior, they may seek out attention by behaving badly instead. Parents who fail to provide their children with positive attention on appropriate occasions are actually encouraging potentially bad behavior.
260. Make sure your child has time to be a child! Don't force them to grow up and deal with things too early. Kids are only young once, and it's important that they get to make the most out of it. Give them time to play and explore and to just be a kid.
261. If you have a toddler who is throwing a tantrum, make a "safety fort" out of a blanket or towel thrown over a chair. Many times, toddler tantrums are related to over-stimulation, and removing the stimulation by blocking it out can help. It provides your toddler with a safe space in which they can regroup and calm down.
262. If you have a difficult or especially demanding toddler, consider part-time daycare or nursery school. These options allow you maintain most of the control in raising your child, but still get them out of the house. Nursery school can provide a situation in which your child is being cared for by someone who won't give in to their demands and doesn't mind if they cry.
263. When breastfeeding, do not try to feed the baby on a strict schedule. Letting the baby eat when he is hungry will allow your supply and the baby's hunger to develop as needed. If you try to feed him at a set time, he will not suck as hard and your body will not respond with letting down your milk. Your baby knows when he is hungry so follow his cues.
264. Use a pump or hand express milk if you are engorged and the baby is not ready to eat when breastfeeding. There are few things more painful to a new mother than having produced too much milk and not having a way to release it. Our bodies gradually

start to produce only what is needed for the baby but it takes a little while to regulate. By expressing some of the milk you can reduce the pain until baby's next meal.

265. When training your child to use the potty, buy them underwear with their favorite cartoon character on it. Children always do better with encouragement. By letting them wear these kind of underwear, they will feel better about using the potty because they do not want to have an accident in their "special" underwear.
266. For men who are fathers, it is important that they spend as much time with their children as the mother does. Children end up succeeding more in life when they have had both of their parents around. Taking them out to a park for a few hours or taking them to a ball game are two great ideas.
267. Feel free to breastfeed your baby for comfort. Many believe that breastfeeding for comfort will make the baby associate food with emotional comfort. Offering the breast actually encourages your baby to turn to you instead of things for support. The breastfeeding is just one component of the bond that helps your baby feel better. This will provide crucial emotional security and stability as they develop.
268. Here's a cool tip for parents of twin babies: Paint your baby twins' toenails to help tell them apart. As infants, even fraternal twins can look so alike that it can be impossible to know who is who, especially when you are sleep deprived. Assign a color of nail polish to each child and paint just one toenail of each to keep straight who is who!
269. Invest in one of the customized music CDs that have your child's name included in the songs. This will keep their attention as you sit through a long line of traffic. This can be used in long car rides, flights, or even train rides. It will be well worth the investment.
270. As kids get to be older, they can still have the same difficulty in calming down as they had when they were small babies. You can provide them with a place to calm themselves by throwing a blanket over a table to give them a safe cocoon type place to regroup.
271. Playing outside with your child will benefit the both of you. Spending time together drawing with chalk on the driveway, will strengthen the bond between you both; many times opening doors to insightful conversation. Playing together outside will also help keep you both physically fit and help you to live happier, healthier lives.
272. Regardless of how much your children may want one, do not allow them to have a television in their bedroom. There have been numerous studies that have shown that children that have TVs in their bedrooms sleep less hours than other children and they tend to weigh a bit more.

273. Do not believe that you have to give your children everything they want in order to make them love you. Most children crave limits and boundaries and they want to have someone that can be in charge and tell them what to do. They will push these boundaries so be prepared for that.
274. When you are parenting along with someone else you have to respect the fact that they may handle certain situations differently than you will. Never second guess them in front of the child because that will cause confusion and result in your child being in the middle of conflict.
275. When your child starts school it is important to make sure that they know what to expect. If at all possible you should take your child on a tour of their school before they attend. This will help them to feel prepared and may help relieve some of the anxiety they may be experiencing.
276. Need a break from parenting but can't afford a babysitter? Give a play date a try. A well set up play date will give your child some extra socialization and stimulation. In addition, you'll get to enjoy some adult time with the other parents who are present.
277. When you have an infant, it is important that you keep an eye on your child at all times. At this stage in their life they cannot take care of themselves. Without keeping an eye on them they could get away with something that could injure them or possibly kill them. For example, they could put something in their mouths and obstruct their esophagus.
278. Tell your friends and family that you plan to breastfeed and educate them as to why. Let them know that you will have moments of stress and doubt and that they should help remind you of why you are doing this. If you provide family and friends a list of reasons why they will be much more likely to encourage and support you when things get hard.
279. If you need to put an eye drop in your child's eyes, place them on their back and lay a toy on their stomach. This will cause them to look down and allow you the opportunity to put a drop of medicine on the inner part of their eye. When your baby glances back up toward you, the drop will go in without any problems.
280. A great parenting tip is to look at the efforts of your own parents as a base to work from and not the only way to raise your child. There's nothing worse than repeating the same mistakes with your child that your parents made on you. Always strive to come to your own solutions.
281. An important part of parenting is the setting and enforcing of clear boundaries. Consistency is critical, so once a line is drawn on a particular behavioral topic, the consequences for crossing that line must always be upheld. By following this course of action, your child will have predictable rules under which to operate, and will always be aware of what is acceptable and what is not!

282. Be friends with your child on any social media sites to help you monitor their other friends and activities. While some kids may complain about their parent being able to see everything they post, remind them that social media accounts are a privilege and not a right. Being friends on-line is a non-intrusive way to keep an eye on their activities.
283. Play with your children. Not only is it fun for both of you, playing also has an incredible impact on reducing children's negative behaviors. By spending time with your children in this manner, you are making them feel like they are important to you. That means they will be less likely to engage in negative behaviors to get your attention.
284. Give your children a big hug as often as possible, and remind them that you love them. No matter how angry they make you, or how badly they mess up your home, they're still your kids, and they will be forever. They will grow up to be well-adjusted adults as long as they know they've been loved.
285. To soothe a fussy or colicky baby, try babywearing. Using a wrap, sling, mei tai or other carrier keeps your baby snuggled close to your body, and he or she can feel your movements and hear your heartbeat. Your baby may even nap in the carrier, allowing you to do housework or have your hands free for other tasks.
286. You should try to share your hobbies with your children to see if you will share some common interests. If they do not like the things that you like do not be upset with them. Always remind them that they are free to have their own thoughts and feelings about things.
287. Teach your children good eating habits early on. Always offer at least one fruit or vegetable at every meal. Limit sweets as snacks, and encourage them to drink water, milk, or juice. The habits you teach them now will follow them throughout their life. They can help prevent obesity and other illnesses as well.
288. Overdressing can lead to a crabby baby! Babies get hot and uncomfortable wearing too much, just like we do. A good rule of thumb is to dress your baby the way you feel comfortable, whether for indoors or out. If it's cool and you need a jacket, baby probably does too!
289. Every child needs to play. You can improve your child's upbringing by ensuring that his or her daily schedule has some time free for unstructured play every day. This should be time away from television or video games, and ideally outdoors. Join in your child's play to encourage a healthy and active lifestyle.
290. When teaching your teenager to drive, the key is practice, practice, practice. Try to plan specific skills to go over each time you go out with them- coinciding with skills learned in a driver's ed program if possible. Make sure to test them in various types of inclement weather like fog, rain, snow, and the like.

291. To become a better parent you may want to think of taking classes or even starting your own discussion groups with friends. Sharing experiences and coming up with new ways to handle situations can be beneficial to you. Maybe, you can even teach the other parents a thing or two about your parenting style.
292. For children who have a hard time falling asleep and staying asleep, it is advised that you do not allow them to nap. Napping will make them less tired when it comes to bedtime. Instead, let them go to sleep at an early hour even if it means that they will wake up earlier.
293. Preschool children often have difficulty in dealing with transitions. It can be stressful to make an abrupt switch from one activity to another, and your child's behavior may suffer.
294. In order to be a good parent, you must not watch every single thing that your child does. This will smother them and only push them further away. If you give them some freedom, they will in turn put more truth into how they are feeling and how they are living their life. This way, the children are less likely to rebel.
295. If you are concerned about germs and stickiness on your child's plastic and rubber toys but don't have the time to clean and dry each one, throw them in a mesh laundry bag and run them through your washing machine with a dye-free, fragrance-free detergent. Easy in, easy out!
296. Want your child to have a large vocabulary? Talk to her! Studies show that parents who spend significant amounts of time talking with their children about everyday events have children with larger vocabularies than their peers whose parents spend less time talking to them. So turn off the TV, put down your book, and start a conversation!
297. Use your smart phone as a baby monitor. If you are visiting someone's home or you are on vacation and do not have your monitor, you can download an application that will let your phone function as a monitor. If the baby makes a noise, your phone will call a number that you put into the application.
298. Use the magic behind magnets to entertain your kids. You can easily keep a cookie sheet and some magnets in your car so when your child becomes bored, they will have something to do. You can use any kind of magnets as long as they are large enough to keep them from choking on them.
299. Know who your kids are hanging out with. Children are influenced so easily that you have to make sure to take the time to get to know the people that they consider to be their friends. If you do not think that they are in good company, be sure to find a way to get them away from that person.

300. Do not tolerate bullying. Do not allow anyone to tell you bullying is a natural part of growing up. If your child is the one being bullied or the bully, remember bullying is counterproductive to healthy psychological development and academic progress. You can intercede to make a positive difference not just for your child but for their classmates as well.
301. Buying toys at yard sales is a great way to save money on toys your kids will only use for a little while. While most toys are okay second-hand, stay away from buying second-hand cribs. Many of the old cribs have the drop-down style, which has been proved to cause injury and death to newborns. So while its alright to stock up on books and blocks, steer clear of the cribs.
302. When a family pet dies, it is important that you sit your child down and explain what happened. Although your child will be upset, it is better to be honest with them about the pet's death so they are prepared for getting another pet and this pet eventually passes away.
303. As a parent, understand that not every child wants to be surrounded by people. It is okay if your child is shy. You should do something about it if you notice that your child is more withdrawn than they should be. If the behavior begins to appear strange, take your child to the doctor for a consultation.
304. It is important with children to have patience. Sometimes it will take more than once to get an idea or a rule through to them but be patient and persistent. If you lose your cool so will they! Through patience and persistence you can teach them right from wrong, and how to remain level headed.
305. When administering medicine to your child, try mixing it with a sweet food. Orange juice is a great suggestion, but if that doesn't work, you could just add a little bit of sugar to the medicine. A handy hint for applying eye drops is to place the drop on your child's eyelid while their eyes are closed. Then, when the eye is opened, the eye drops will be right there and fall straight in.
306. Children always want just one more thing, but as a parent you need to learn how to say no to them. Sometimes it can be beneficial to give them a little bit of freedom in having what they want. It is crucial that parents always show, through words or actions, that they are the ones in control, not children, and to accomplish this in a positive, loving way.
307. To improve your parenting skills, choose your fights wisely, and fight fair. Children need to feel that they have control over certain aspects their lives, and you can allow them that control by leaving some room for flexibility in household rules. If there is a rule that must be followed, explain the reasoning behind it to your child, rather than simply demanding that it be observed.

308. It is crucial that you get your child interested in vegetables as soon as they are able to eat them. By not giving your child vegetables at this time of their life, they are not going to want to eat them when they get older, which prevents them from getting proper nutrients and vitamins.
309. Being around your children a lot can be very stressful. Make sure you take time out for you. Plan a dinner date with a good friend, go for a long walk to go to the movies by yourself. That little time away will be enough for your to recharge and be the best parent you can be.
310. Develop a support network of people you can call for help with breastfeeding. The early days after giving birth are stressful and tiring. It is very tempting to just get a bottle and hope it works when things start going wrong. If you have a strong support system in place, you will be able to contact them for advice and support. That support will make you less likely to give up and go for the bottle.
311. In order for your children that are under the restrictions to ride in a car without a car seat to be safe, you must purchase them a seat and follow all of the instructions to ensure you can travel safely with your very precious cargo. There are many trusted brands that a quick internet search could lead you to!
312. If your baby or young child has diarrhea, make sure to give them Pedialyte and lots of fluids. Just like adults, babies and young children get dehydrated after they have had excessive diarrhea, which can cause severe health problems. If your child has diarrhea for more than a few days, bring him or her to the doctor.
313. Exercise caution when diagnosing siblings who start to display symptoms of an illness shared by another brother or sister. Although families with multiple children often share germs, viruses, and illnesses, sharing medications or neglecting to take each child to the doctor increases the risk of health problems caused by unchecked or misdiagnosed ailments.
314. Even though you may get tired of your mother's advice, you should always listen to what she says. Remember that she has, at the very least, raised you so she does have some previous experience. Also know when it is time to tell your relatives to back off a little. Advice is welcome, commands shouldn't be.
315. A great rainy-day project to do with your little ones, is making macaroni masterpieces. Take pieces of construction paper, elbow macaroni, child-safe glue, and crayons and lay them out on the table. Let your little one color the pieces of construction paper, and then help him glue the macaroni to his drawing. He will be proud to see his own macaroni masterpieces hung from the refrigerator for all to see.
316. A key parenting tip is to become active in your child's school environment and activities. Becoming acquainted with the instructional staff and their curriculum goals

can greatly help your child fulfill their true potential. This will enable you to work alongside your son or daughter and assist them when needed.

317. A great parenting tip is to ask your child to help out with cleaning. They'll start to develop an appreciation for cleaning and they'll also have an opportunity to bond with you. Try making cleaning fun as opposed to a dreaded chore that no one ever wants to do.
318. Talk to your insurance agent about safe driving programs and suggestions, before your teen gets their driver's license. Most insurance companies offer free or low-cost programs designed to improve driver safety for new drivers and knowing that your child is aware of basic safety guidelines helps your peace of mind, especially behind the wheel!
319. Engage your older children in making sure your home is safe for a baby or toddler. While older children enjoy more freedom in the household, they may not understand why their small toys or art supplies are dangerous to their younger sibling. Explain the dangers and involve them in keeping your home safe for everyone.
320. Always treat your children and the other people in your life with respect. Many parents demand respect without realizing how crucial it is to give it as well. If you do not want your children to hit, you should not hit either. Your child is more likely to follow your rules if you show them that you feel they are a priority.
321. When you find yourself torn between spending time with your child and keeping the house immaculate, let the chores go to some extent. Your kids will remember fun times and making happy memories with you, but they will not remember that the kitchen wasn't spotless or that you didn't vacuum daily.
322. Encourage your child to drink lots of water. Sugary sodas, juices with hidden sugar and even sugar-free drinks add either extra calories or unhealthy artificial sweeteners to his diet. Drinking water will keep a child well-hydrated and help to maintain a healthy digestive system. If they want something that tastes good, try mixing a little fruit juice with the water.
323. Surround a child with good books. Reading is arguably among the most critical skills we can have. Your child should develop a desire to read well before they are cognitively ready to actually do so. Keeping a collection of colorful and interesting books within their reach is a critical part of developing that desire.