

The 3 P's of Parenting

April 2008

Parenting *Rules!*

1.) What Parents Provide is Important...



Providing a nurturing and healthy environment is one of the most important things a parent can do for their child. Disciplining your children with love and compassion will help them develop self-worth and self-control. A house with clear rules and realistic consequences is a safe and peaceful place where a child can thrive.

The following tips can help you set realistic limits and consistent rules for your children while letting them know that you love them:

1. Choose your words carefully, **never belittle** your child for poor behavior
2. Be sure to **praise** them for good behavior
3. **Establish house rules** that your child can understand according to his/her age
4. Be consistent so your child will know what to expect **every time**
5. **Follow through with consequences, don't just threaten**
6. Take time to **explain** to your child why you have certain rules
7. **Choose your battles** wisely, if you yell about everything your child does that you don't like, they will be less likely to listen
8. Let your child know you **love** him/her **no matter what**

For more information on using positive loving discipline to manage your child's behavior contact:

Attachment Parenting International
PO Box 4615 Alpharetta, GA 30023
www.attachmentparenting.org

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2.) Being an Active Participant in Your Child's Life...

Be involved in your child's life!

Participating in your child's life helps them to feel loved and cared for. Children with actively involved parents do better in school, have a strong sense of self-worth, and develop better relationships.



Here are some ways you can be more active in your child's life:

1. Make it a point to have meals together regularly
2. Ask them about their thoughts and feelings
3. Volunteer to help out at their school
4. Participate in a hobby or activity together
5. Help them with homework; read it over and talk about it with them
6. Participate in their school events and activities
7. Get to know the parents of their friends

For tips and activities to help you become a more involved parents, contact:

SAMHSA – Family Guide
1 Choke Cherry Rd. Rockville, MD. 20857
www.family.samhsa.gov

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3.) A Parent's Job is to Protect Their Child...



Protecting your children should be a top priority for every parent!

It is up to parents and caregivers to ensure the safety and well-being of children in their care.

By following these safety tips, you can ensure the safety of your children:

- Always make sure that your child is well supervised
- Use the right car seat or restraint system for your child's age and height
- Keep poisonous or dangerous substances locked-up
- Never leave your child unsupervised in or around water
- Get to know your child's friends and their parents
- Bring your children for regular medical and dental check-ups
- Always know where your child is and who he/she is with
- Choose age appropriate toys for your child to play with
- Monitor your child's use of video games, computers, telephone and television viewing

For more information on a variety of safety topics contact:

American Academy of Pediatrics
141 Northwest Point Blvd. Elk Grove Village, IL. 60007
www.aap.org

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Local Resources for Parents...

Prevent Child Abuse Rhode Island

500 Prospect Street Pawtucket, RI 02860
401-728-7920 www.preventchildabuse-ri.org

Rhode Island Parent Information Network

175 Main Street Pawtucket, RI 02860
401-727-4144 www.ripin.org

Mom's Club of Greater Providence

401-439-4351 www.geocities.com/providencemomsclub

Circle of Parents

500 North Michigan Avenue Suite 200 Chicago, IL 60611
312-334-6837 www.circleofparents.org

211 Rhode Island

211ri.org or dial 2-1-1 on your telephone

ABOUT PARENTING RULES! E-NEWS...



Prevent Child Abuse
Rhode Island



Rhode Island
Family & Children's Trust Fund

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Please share this information with the
families in your programs. Thank you!