

The 3 P's of Parenting

April 2009

Parenting *Rules!*

Parent-Child Relationships are Important....



Of all the relationships we form over a lifetime, our relationship with our parents is by far the most important and influential. A child's relationship with his/her parents is the foundation for all other relationships.

A parent's influence lasts a life time.

One of the most important things a parent can do for their child is to spend time with them!

Here are some ways you can strengthen your relationship with your child:

1. Make it a point to have **meals together** regularly
2. Establish a **bedtime routine** that includes reading together
3. **Listen** to your child's thoughts and feelings
4. **Show and tell your children you love them, everyday!**
5. **Have patience** with your child; remember that she/he needs your understanding and guidance
6. Let your children know you are **proud** of them – **tell them often!**
7. Make your children a **priority** in your life

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Protecting Your Child....

Know the who, what and where of your child's activity!

The most effective way to protect your children is through careful and constant supervision. Exactly how closely you need to supervise your children depends on their age and the setting. Younger children need more direct supervision and **all children** should be more closely supervised when playing outdoors.



Here are some guidelines for appropriate supervision:

Ages 0-2

Parents should always be within arms length of their child at all times.

Ages 3-5

Parents should be close enough to see and hear their child at all times.

Ages 6-8

Parents should be within hearing distance and should check on their child every 15-30 minutes depending on the setting.

Ages 9-11

Parents should know exactly where their child is, what they are doing and who they are with and check in with them every 30-60 minutes.

Ages 12 and up

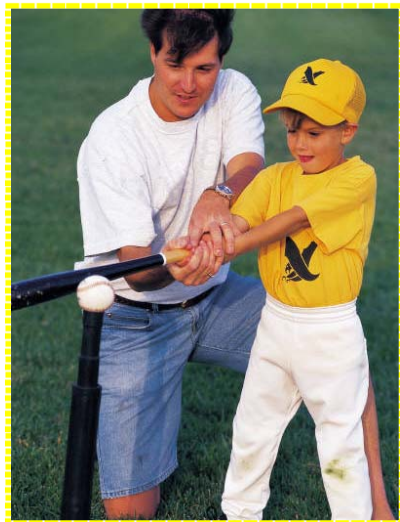
Parents should still keep tabs on older children and know where they are, who they are with and what they are up to. Children should be taught to ask permission before leaving one place to go somewhere else and to keep in contact with a parent.

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Participating in Your Child's Life....



Spending time together is the greatest gift you can give your child. Children feel loved, secure and happy when the adults in their life make time to pay attention to them.

Be involved in your child's life!

Children with actively involved parents do better in school, have a stronger sense of self-worth, and develop better relationships.

Here are some ways parents can be more active in their children's lives:

- **Participate** in a hobby or activity together
- **Help them** with homework and school projects
- **Read** together
- **Volunteer** to help out at their school
- **Play** their favorite games with them
- **Take walks** together
- **Participate** in their school events and activities
- **Get to know** the parents of their friends

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Local Resources for Parents...

Bradley Hospital & Hasbro Children's Hospital Speaking of Kids Series

Monthly programs for parents offered at various locations in the community.
Call for topics and schedules.

444-4800

www.lifespan.org

Rhode Island Family Guide

P.O. Box 163, Warren, RI 02885

401.247.0850

www.rifamilyguide.com

Mom's Club of Greater Providence

401-439-4351

www.geocities.com/providencemomsclub

Circle of Parents

Rhode Island Parent Information Network

175 Main Street Pawtucket, RI 02860

401-727-4144

www.ripin.org

211 Rhode Island

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

ABOUT PARENTING RULES! E-NEWS...



Rhode Island

Family & Children's Trust Fund

Administered by the RI Department of Children, Youth & Families



Prevent Child Abuse

Rhode Island

Parenting Rules! e-news is produced by Prevent Child Abuse Rhode Island and is partially supported by an annual grant from the Rhode Island Family & Children's Trust Fund

Prevent Child Abuse Rhode Island

500 Prospect Street Pawtucket, RI 02860

ph: 401.728.7920 fax: 410.724.5850

www.preventchildabuse-ri.org

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