

## The 3 P's of Parenting

April 2011

# Parenting Rules!

### Protecting Your Children....

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The best way to protect your kids is through close and constant supervision. Exactly how closely you need to supervise your children depends on the situation and their age. Young children need more close supervision and **all kids** should be more closely supervised when playing outside.

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

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 doing. 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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## **Providing a Safe and Loving Relationship....**

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A child's relationship with his/her parents is the foundation for all other relationships. Of all the relationships we form over a lifetime, our relationship with our parents is by far the most important. What children learn about forming and maintaining a relationship from their parents will directly effect how they form relationship through out their life. **A parent's influence lasts a life time.**

**One of the most important things a parent can do for their child is to be a good role model!**



Here are some ways you can teach your child how to form and maintain good, healthy relationships:

1. Always show respect for your child, his/her other parent and other people in your life.
2. Teach your child to be loving, considerate and compassionate by example.
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 you children know you are proud of them – tell them often!
7. Learn effective and peaceful ways to resolve conflict and teach them to your children.

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## Participating in Your Child's Life....

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

### 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:

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



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### Resources for Parents...

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#### **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](http://www.lifespan.org)

#### **Rhode Island Family Guide**

P.O. Box 163, Warren, RI 02885

401.247.0850

[www.rifamilyguide.com](http://www.rifamilyguide.com)

#### **Mom's Club of Greater Providence**

[www.momsclub.org](http://www.momsclub.org)

#### **Circle of Parents**

##### **Rhode Island Parent Information Network**

175 Main Street Pawtucket, RI 02860

401-727-4144

[www.ripin.org](http://www.ripin.org)

#### **211 Rhode Island**

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

### ABOUT PARENTING RULES! E-NEWS...

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Rhode Island  
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Prevent Child Abuse  
Rhode Island

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