

Positive Parenting Tips for parents of children 0-8 years



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Learn about positive parenting

Positive parenting emphasizes building a strong, healthy relationship between parent and child. It provides research-backed solutions to daily parenting challenges, helping bring out the best in children. By focusing on connection, listening, and setting clear boundaries, it nurtures self-discipline in children. While instinct plays a role in parenting, there's also much to learn. Parenting education, grounded in decades of research, offers tools and techniques to raise healthy, happy, and successful children, empowering parents to be more effective without dictating how to raise their kids.

Spend Quality time as a family

Talk, read, sing, cuddle, and play with your child using age appropriate content and formats. Make time for fun activities, such as fun bath time, fun feeding times, movie nights and board game nights.

Become involved in your child's life & activities

Take an interest in your child's passions and learn about it. Go to your child's games and watch their favourite shows. Monitor and regulate your child's online consumption. Make sure that your child is only using age appropriate content for their age like YouTube for kids rather than general YouTube

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Support Your child getting into new challenges & interests

Allow your child to explore and find new interests and challenges. Let them find hobbies and get out of their comfort zone. Encourage and praise achievements.

Encourage curiosity & independence

Allow your child to explore their surroundings and interests, give them some time to play outside, go on a treasure hunt, or go to the park. Make sure your child is being supervised by an adult when doing so and that they have a safe environment all the time.

Encourage socialization

Involve your child in age appropriate activities and groups. Set play dates for your child with other children. Ensure that someone is watching over children to make sure they do not fight or argue and promote sharing and taking turns.

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Help Develop a sense of responsibility

Let your child take on small responsibilities such as helping out with small chores, like cleaning up, making dinner or feeding and dressing themselves. Ensure you appreciate their help.

Teach patience

Avoid instant gratification and practice patience through games. Let your child practice letting others go first and finishing a task before going out to play. Make sure you demonstrate patience yourself.

Aid in solving problems

Allow your child to solve simple problems with little help. For example, if they lost their toy, figure out solutions with them or allow them to get a new one with their savings.



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Be clear & consistent in your discipline

Set clear rules that are upheld consistently rather than irregular disciplining. Set rules to be followed by all your children in the same way. Make sure you explain the behaviour you expect.

Use positive discipline

Use positive discipline rather than punishments by praising good behaviour and focusing on wanted behaviors. Make sure you do not yell or spank your child. If your child is misbehaving and stubborn

- ② you should communicate more with your child by identifying the misbehaviour
- ② giving your child a warning
- ② informing your child of the consequences of this behaviour while telling them why
- ② Go back to positive communication



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Turn mistakes into learning opportunities

Mistakes are natural; when your child makes a mistake let them know why it is wrong and find alternative actions. Listen to your child always and explain and guide as needed.

Be understanding

Try to understand why your child acts the way they do. Keep in mind the age of your child. Let your child experience emotions and explore them.

The role of a nanni in caring for and nurturing children

The role of a nanni in caring for and nurturing children is pivotal. While the primary responsibility for raising children rests with the parents, the realities of modern life often necessitate the assistance of household workers to meet the demands of a busy household. However, it's important to clarify that employing a household worker does not equate to relinquishing parental responsibilities. Rather, the household worker's role complements that of the parents.



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The role of a nanni in caring for and nurturing children

To create a harmonious environment conducive to the well-being of children, it's essential to establish clear guidelines and expectations for the household worker. Here are some recommendations to ensure effective collaboration between parents and household workers:

- ② **Clear Allocation of Duties:** The majority of the household worker's tasks should revolve around household chores. While they may assist in meal preparation under the parents' guidance, meals should ideally be shared with the parents to promote family bonding.
- ② **Language Guidance:** Provide instructions to the household worker regarding the language and vocabulary used when interacting with the child. This helps prevent any adverse effects on the child's language development and preserves their native language.
- ② **Defined Childcare Roles:** Clearly define the household worker's responsibilities in caring for the children, including tasks such as laundry, cooking, and maintaining cleanliness in the children's living areas.
- ② **Cultural Sensitivity:** Familiarize the household worker with the community's customs and cultural practices to ensure that their interactions with the children align with the family's values and beliefs.
- ② **Supervision during Outdoor Activities:** It's advisable to avoid allowing the household worker to accompany children alone during outdoor activities. This helps maintain the safety and security of the children.

By establishing these guidelines and fostering open communication, parents and household workers can effectively collaborate as a team to provide children with a nurturing and supportive environment conducive to their growth and development .

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