

Positive Parenting Checklist

As parents, we often have the best intentions, but pressured by stress and our busy schedules we might find it challenging to always parent in a positive way. When the daily duties get the best of us and we lose patience and focus, our interactions with our children might become reactive and can lead to conflict. We make mistakes as parents and that is okay. Learn from your mistakes, be kind to yourself and try a different approach the next time.

Being more conscious of positive parenting actions and using this checklist as a gentle reminder can drastically benefit the quality of your interactions with your kids.

- Encourage healthy sleep, exercise, and eating habits.
- Show interest by asking for updates on school activities.
- Compliment your kids. Celebrate their efforts and accomplishments, no matter how big or small they seem.
- Encourage involvement in extracurricular activities.
- Show affection with kind words.

- Spend quality time together. Do things everyone can enjoy.
- Help your children learn ways to problem-solve and teach them how to make positive decisions.
- Be available for advice and support.
- Encourage positive choices about the way free time is spent.
- Show kindness and compassion when your kids face difficult situations.
- Avoid teasing, yelling, or threatening your children.
- Show physical affection. Hug and kiss your kids.
- Give your children the responsibility and freedom they earned.
- Be aware of your own behavior and the examples you're setting.
- Continuously develop your skills and knowledge about positive parenting.