

## Parenting Tips

There is no one answer to raising great children. No child or parent is perfect. However, there are things you can do to help your children grow up to be happy adults.

- **Show your affection.** Everyday let your children know that you love them.
- **Listen.** Listen when your children talk, this will help them understand that they are important and worth being heard.
- **Make your children feel safe.** Give children comfort when they are scared. Make sure your home is a safe place for them.
- **Give them order.** Keeping a regular schedule of meals, naps and bedtimes will help children know what to expect and feel safe in their environment.
- **Praise your children.** Children need lots of positive feedback. Tell them you are proud of them.
- **Criticize behavior but not children.** Don't tell children they are bad. Instead, when they make a mistake, explain to them why they should do things a different way.
- **Be consistent.** Rules should be clear and consistent. In a two-parent home, it is important that both parents lead by the same rules.
- **Spend time with your children.** What children want most is your time and attention. Do things together like house cleaning, playing, shopping, and reading.



## Childcare

If you work and your children are not yet in school, you may need to find childcare for them. It is important that you never leave young children alone at home.

### Tips for finding childcare:

- Try to find childcare close to your home
- Ask other parents, friends and coworkers about childcare possibilities
- Call your local school district office to find ideas where other children in the area are cared for
- Be sure to visit the childcare center and ask lots of questions
- When you visit, pay attention to the children being looked after. Are they happy? Are there age-appropriate toys? How do the providers interact with the children? Is the location clean and organized? Do the children have a daily routine?
- Ask for references and make sure the childcare facility is licensed