

Excellence in Parenting

*Parenting Tips For
Healthy, Effective Parenting*



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Table of Contents

Disclaimer

Introduction

Basic Parenting Styles

How To Be An Amazing Parent

Managing Your Parenting Time

Cultivating Good Parenting Skills

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Introduction

The child-parent relationship has a major influence on most aspects of child development. When optimal, parenting skills and behaviors have a positive impact on children's self-esteem, school achievement, cognitive development and behavior.

Parents differ in the degree to which they *respond to* children's signals and control their behaviors. High quality care giving, characterized by a sensitive, cognitively stimulating, and moderately controlling approach, is crucial for children's development and safety. Indeed, many of the skills children acquire during the early years are fundamentally dependent on the quality of their interactions with their parents.

For instance, parents play an important role in fostering children's early learning (e.g., language and problem-solving abilities) and in shaping their social-emotional skills (e.g., emotion regulation, reactivity to stress, and self-esteem). Furthermore, parents have an influence on the development, maintenance, or cessation of children's positive and/or negative behaviors. The quality of parenting children receive during the early years affects three

key determinants of later success in school: their cognitive potential, their social skills, and their behavioral functioning. Considering the fact that parenting skills can be acquired and passed on from one generation to another, continuous efforts to improve the quality of care giving are important.

From encouraging schoolwork and sports to modeling values as a child grows (remember, they do as you do, not as you say!) parents exert enormous influence over their children's lives. They are, however, not the only on-the-ground influencers—especially after children enter school and begin interacting with the world at large.

Most parents work to give children the best start possible, but it's also important for parents to recognize that kids come into the world with their own temperaments, personalities, and goals. While parents may want to push their child down a certain path, a parents' job is to provide an interface with the world that ultimately prepares a child for complete independence and the ability to pursue whatever path *they* choose.

In a rapidly changing world, parenting can be subject to fads and changing styles, and parenting in some privileged circles has become a competitive sport. But the needs of child development as delineated by science remain relatively stable: safety, structure, support, and love.

Basic Parenting Styles

Parenting is something that usually comes naturally to people. There are no hard fast how to manuals or rules to parenting. People generally just learn as they go. Most things are just second nature, like feeding, clothing and generally caring for a child. However, as a child grows and other children are born, parenting becomes more than simply handling the child's everyday needs. Sometimes parents feel they need some help in deciding the best way to parent their children.



There have been many people who have spoken out about parenting and offered advice and assistance to parents in need. Parenting styles are an example

of something a parent can do to help them with their parenting. A parenting style is basically a way to describe how a parent parents their child or children. There are 3 basic types of parenting styles.

Some authorities on the subject of parenting will argue that there are many different variations of parenting styles, but they all go back to the three basic parenting styles. Those three styles are authoritarian, permissive and democratic.

The **authoritarian parenting style** is based on control. With this style of parenting the parent retains complete control at all times. Under this style of parenting there are strict rules and schedules. The parents rule the children with an iron fist. There is no exception to the rules and punishment is given in a very orderly and prompt fashion when it is needed. The down side to an authoritarian parenting style is that it usually does not allow for a lot of affection or warmth. Since children raised with this parenting style are usually not allowed to think freely or make decisions on their own they often grow up to have problems with thinking for themselves.

The **permissive parenting style** is the opposite of the authoritarian parenting style. The permissive parent lets the child have control. There are usually not a lot of rules and the rules that are made are often very lax. Broken rules often are not even recognized or even enforced. Parents that use this

parenting style feel that their children need to be free thinkers and be able to explore the world and learn for themselves without being held down by rules and strict structure. There is often a lot of affection and warmth with this parenting styles. The downside though, is that children do not learn that rules are sometimes necessary. They learn that no matter what they do - right or wrong- that they will not be punished. This can lead to a life long rebellion against any type of rule or structure.

The **democratic parenting style** is a mixture of the authoritarian and permissive parenting styles. A democratic parent will set rules that are necessary and enforce them, but they will also take each situation as it comes. Punishment is usually discussed with the child. Democratic parents are most interested in making sure their children understands why rules are in place and why some behavior is unacceptable. Democratic parenting is about letting children know when they do good and when they do bad making sure they understand why it is wrong. It is a style of parenting where everyone - parents and children- work together. Children will usually grow up to respect their parents and to be able to handle conflicts and problems in a reasonable manner.

Each parenting style has its pros and cons. Obviously, with the authoritarian parenting style the children are going to be very respectful and very

well behaved. The parents will have very little chaos and they will have a low stress level. With the permissive parenting style the parent is free to do whatever they want because they are not constantly policing the children. The family simply does their own thing, which can often lead to a lot of separation over time as everyone develops their own life apart from the family. The democratic parent in style requires a lot of work. Parents must constantly be talking with and dealing with their children in order to keep everyone involved in the family.

Nobody ever claimed parenting was easy. There really is no right or wrong to parent as long as children are cared for, happy and healthy. Parents can choose for themselves how they want to parent their children. Some parents simply fall into a parenting style that seems to fit their own life and their own beliefs. Others make a conscious effort to maintain a parenting style. However, a parent chooses their parent style, it is fine as long as it works for them and their children are taken care of.

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How To Be An Amazing Parent

No matter what your amazing life is right now or will become later you will encounter children. Even though you may decide not to have children yourself, I'm certain you have met children and thought to yourself, how did that happen.

I met a woman who made me smile when she told me, "Patrick I do love children, I just can't eat a whole one"

Many parents I meet have made the biggest mistake in their lives by placing more importance on the pursuit of money than on their children. Parents work long hours and children suffer. Never put money before children or your spouse, not if you want a loving relationship and an amazing life.

Some people ask how the art of lovemaking can make a child that has turned out to be such a monster. Well instead of you having to go out and purchase a book on parenting, I've included how to become an amazing parent here for you.

If you are currently struggling to work out how to love and guide your children, then this chapter will give you the answers. While you are absorbing this I

may smash a few myths about parenting along the way. So just read the principles and then you will understand when children become completely lost we can rescue them.

Every day I attend my office I find myself face to face with a parent. 90% of the time it will be a mother. She will explain to me in great detail what she thinks (guesses) is wrong with her child. Then will ask me if I would like to talk to the child to see if I can fix "it". She then walks outside and brings the child in to sit in my office while she goes outside and waits.



The expectation then of course is that the child who just walked in won't be the same child when it walks out again. Somehow I am going to "fix" this child, because obviously it's broken. Well at least that's what the mothers told me, and I have about twenty minutes to accomplish this.

So the first thing I do is remember all my training over all these years and then that little Mexican man named Cesar Millan (the dog whisperer). You can't imagine this famous television dog trainer training the dog and not the owner can you? Well in my office when it comes to training children, it involves the parents much more than the child. Just like my friend Cesar, he knows that the dog has been trained to behave in a certain way and he needs to retrain the dog owner. I need to retrain the parent as well as the child. That shouldn't be a surprise at all. Not many parents have been on training programs on how to raise a child.

In these following examples I am talking about children from the age of 8 years upwards. With the young ones ranging from 8 to 15 I can still get away with the trusted story of bank building. This is where I tell the children that no matter what they want in life, whether it's right now, at the weekend or next year, the only way the parents will say yes is if they have built enough good bankable currency to get a yes.

The Amazing Bank Technique

Here's how easy and profound it is. Children as we would agree need both discipline and praise. By the way I use praise 90% of the time, it's easier to look for and works 100% more for the child. Most parents I meet never understand praise and what it does for the child. They are too busy looking and expecting all the wrong things to happen. Yet again as I have been saying throughout this book, it is a trick of the mind, this time by the parent.

I first set up the child to understand that they need to do things around the house for free. This means jobs, any jobs they can handle. This teaches a child to contribute to the family and the household. Then once the chores are done I want the child to look for ways to build a bank of currency by way of more jobs but this time they will use the extra jobs they do as currency.

Here's how it works:

I was asked to help a 14 year old girl who didn't get this at all. She wanted no part of my plan at all, until I said, "I'm the only person on earth who can get your parents off your back". This got her attention. From there I explained how she would need to work very hard to reinstate herself in the family so she could be trusted by both parents again.

She had a history of running out of school, not doing homework, bad grades and using bad language. All of which remember had been trained. I managed to find the missing part of this little girls puzzle by listening to her, something she told me her parents never did. She would tell me that every time she attempted to tell her parents how she felt, they simply shouted at her and told her to go to her room.

So now motivated and looking forward to the next two weeks of hard work and looking for opportunities to do even more tasks for her parents this young child left happy. I didn't say a word to the mother.

Two weeks later the mother arrived back with her daughter and began to tell me how much the child had changed. The mother went on to tell me that her daughter had begun to work around the house, was being nice to her brother and sister and staying at school. When it was the daughters turn to come in she was angry and upset. She told me she had done all I had suggested but that her parents had not said well done or anything.

This is typical of many parents who don't even know how to give praise, let alone see times when the child needs praise. I spent most time with the mother explaining my idea of her daughter building a bank of jobs and good behavior in exchange for special treats like having a friend over to stay the

night. The mother went away and began to praise her child even more. They were both very happy the last time they came in all because we retrained both of them to look at life differently.

Change What Doesn't Work

Jack was an 8 year-old boy out of control (mothers description) who attended my practice for anger issues. The story was that the mother had lost control and Jack was winning and loving every minute of it. When I asked the mother if Jack misbehaved in front of his dad, the answer was no.

This is a very popular situation and often can cause big trouble in the marriage or partnership. The child's view of his father is very different from the view he has of his mother.

Little Jack had his mother running scared, the mother forgot who was the adult. She spent most of her day running after him, literally. If she was trying to get him to school on time he would be too quick for her and run around the house with her chasing and yelling at him.

However if dad was home little Jack was an angel. Do you get what's happening in this household? Yes Jack is in charge and mum is not.

My work had to begin with mum. I found out that mum did most of the parenting while dad was at

work. However dad was fed up with mum because she couldn't control the child, so the parents were in crisis.

The simple difference here was one parent represented fear to young Jack while the other parent didn't. The dad would just have to look at the child and Jack did what he was told. Mum however had to scream, chase and often smack Jack to get him to behave.

Of course like all mums do she would attempt to sit Jack down and talk to him about why he should have behaved. This technique of talking to a young child using adult language like the word respect does not work. She did this all the time and all the time it didn't work, she kept doing it.

Please remember this as long as you live your amazing life. When it comes to children and behavior fear is a greater motivator of than pain.

The dad produced fear in Jack and the mother produced pain. In screaming, chasing and smacking Jack all mum produced was short-term pain that only slowed Jack down.

It also trained Jack to never look for any other attention other than pain. He became used to the smacks and the screams.

I always ask every parent this question. "Did you treat your parents with this much disrespect when you were that age"?

Don't allow your child to be disrespectful

It still amazes me that while a mother is in the midst of telling me how disgustingly rude and disrespectful her child is she still doesn't get it. I have interrupted literally thousands of parents and asked that question and the parent will almost always say, "No way". When I ask the parent why they didn't abuse their own parents they normally tell me they were TOO AFRAID. So of course I can't help myself and I just have to ask the obvious question. So WHY do you continue to let the little child do it then?

The most common answer I hear is! "I don't know why".



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