

Simple Ways To Raise A Happy,
Positive, Responsible And Caring Child



The Smart Parenting Guide

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- Empower Your Child To Succeed
- Reduce Tantrums, Freak-outs And Outbursts
- Stimulate Your Child's Imagination, Creativity And Intellect
- Boost Your Child's Confidence With Positive Reinforcements
- Handle Your Own Angry Outbursts And Enjoy Being A Parent Again

Daniel Dwase
www.Child-Development-Guide.com



Daniel Dwase

The Smart Parenting Guide

**An Easy-To-Follow Guide For
Raising A Happy,
Positive, Responsible
And Caring Child**



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Daniel Dwase (author)

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Age Range

The principles taught in this book can help you improve your relationship with children of any age, from birth to adolescence. This book, however, teaches you exercises and skills that apply mostly to children from birth to approximately 11 years old. If you have older children or teenagers I recommend you read this book in order to understand some basic principles of your child's behaviour, regardless of age. Some of the recommendations, however, will not apply to teenagers. If your children are teenagers I recommend you use your own discretion with the information contained in this book.

Medical Disclaimer

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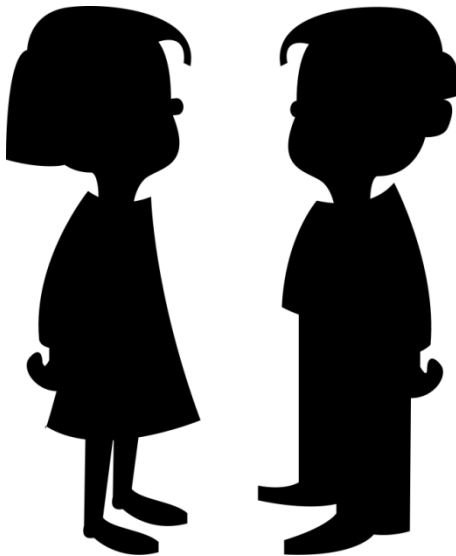
Preamble

Children Today

"If you want children to keep their feet on the ground, put some responsibility on their shoulders".

~ Abigail Van Buren

Our children are different today from what we were in our childhood. The age of innocence ends very early today compared to years gone past.



Children are very well aware of their surrounding world and of daily affairs.

The rate of literacy in first world countries is very high and increasing in other nations.

Most children receive a formal education starting with kindergarten and then school.

There is a sense of early maturity in terms of intellect among children. The internet enables any child to get information on any topic be it good or bad.

Most children read newspapers and are aware of current affairs and have their say on most topics. Surveys show, buying habits of families are greatly influenced by the children of the family.

So it is very fair to say how children are socialized today determines the destiny of society, because ultimately these children will grow up to become responsible citizens- responsible if they are groomed today for the betterment of society.

It's true that children today are getting much more freedom than ever- and this is only increasing. In the US, we see cases where children sue their parents.

Macaulay Culkin, the Home Alone star sued his parents at the age of 16 for money misappropriation. The truth of the story, no one can decide. Children are exposed to violent TV shows most hours of the day.

Video games famous today are full of blood and gore. More the violence, better are the sales. Sometime back in an American public school, one fine lad entered with a gun and shot down many students and teachers. And this is not a lone incident.

The evils of the internet are readily available for all children to see. Quite a few hackers in their teens have been found and roughed up by cops. It's true that parents have ensured the best education for their children. But at the same time have the required values and morals also been inculcated.

Working parents leave their children alone at home or at a baby-sitter's. This lack of attention slowly diverts the child to bad habits.

The number of children smoking or involved with drugs is unbelievable. In Britain, some years back there was a 12 year old child becoming a father, so much for innocence and childhood. Juvenile delinquency is on the rise. More and more unique cases are spread all over the globe.

Incidents may be far and few but are revealing. They expose the very structure of society which we call ideal.

So where do we go from here. There is a need to instill values and ethics from an early age. A much needed introspection of society is needed. Then only a society will emerge with better ideals and more trust.

Chapter 2

Positive Parenting - How It Benefits You And Your Child

"The attitude you have as a parent is what your children will learn from more than what you tell them. They don't remember what you try to teach them. They remember what you are".

~ Jim Henson

Having children is one of life's miracles that nothing can ever come close to. Children are gifts and a product of you and your spouse's love after all right?



If you are the mother, you carried your baby in your womb for nine months. If you are the dad, you anxiously waited for the baby to come out.

And when your baby came out, such unspeakable joy came from your hearts. No wonder that you became more in love.

If you think that having children is simple as singing lullabies to them, you are wrong.

Raising children mean raising another generation. A big portion of the responsibility of raising societies lies in your hands. So do you get how parenting goes?

New parents are anxiously excited about being a parent. Parents who have grown up children usually will say, "Finally". Well, being a parent has no retirements. Once a parent, always a parent. Even if your children will be parents, you are still a parent. No one can ever take that away from you.

Positive parenting is something that you should understand and practice. Instead of thinking about the punishment for faults of your child, you should focus more on how to nurture her in a positive way.

Positive parenting and discipline is your responsibility. You do not pass parenting to care givers or teachers or your neighbours. You as a parent is the main authority in parenting and disciplining.

Children are naturally adventurous and they love to explore. Because of this, children may do things that are wrong but yet they do not understand. It is important for you to be there for your child to teach her what is right and what is wrong.

Discipline works best if you are a good example. Your child will naturally imitate you. Your child's eyes are always on the look for you and other older people's actions. You need to be careful about this.

Positive parenting also requires that in disciplining, you should properly explain this to your child.

Questions like, *"Why did mommy slap your hand when you threw that glass on your playmate?"* should be asked by you in order for your child to understand why she was reprimanded.

Discipline in positive parenting starts when your child is still a baby. Babies as young as one year old can already understand some things. Discipline does not start during teenage years. Repairing is always difficult than disciplining early on.

Remember a famous quote, **"Train up a child in the way he should go and when he is old, he will not depart from it."**

Encouraging Your Child To Succeed

*"To bring up a child in the way he should go,
travel that way yourself once in a while".*

~ Josh Billings

What kind of parent are you – an **encourager** or an **intimidator**? The encourager stresses working towards a certain goal.

The intimidator stresses winning. For this kind of parent, "It's the results that count... not the effort, not the intentions."

And what results! Useless deaths. You have heard about graduating college students resorting to suicide for not graduating with honours in a family of medallists or in another case, for failing to graduate at all.

Those who choose to live become obsessive about reaching the top, even at the expense of others. Some are immobilized – afraid to try unless success is guaranteed.

Naturally, the one encouraged first is happy about the praises heaped on her. But when you give her the opposite, the reactions would be: disbelief, anger...and later, self-doubt. Somehow, all those discouraging comments get to you.

That exercise made us step back and examine the atmosphere you create at home. Is it encouraging or downgrading? Are you an encourager or an intimidator? Imagine how a string of negative messages or put-downs can affect an insecure child?

Encouragement is not the same as pampering though. Pampering means regularly doing something your child can do for herself such as fixing her room, preparing



lunch, or even waking up. Overindulgence makes your child irresponsible. Overprotection makes her dependent on others.

Praising is not encouragement. Praise is a reward given for an achievement. It fosters competition and fear of failure. Encouragement is given for effort and improvement. It fosters cooperation and self-esteem. It inspires confidence and acceptance.

Of course, you should give praise when it is due. But encouragement does not thrive on praises alone. Your child can tell empty praises from real ones. Besides, there is danger that your child hungry for praise will merely conform to please you and won't feel okay unless praised.

Encouragement means emphasis on strengths and assets, other than faults. It is non-judgmental - accepting the level of accomplishment of your child.

Unrealistic expectations could be stressful to your child. If circumstances or physical inability prevents her from fulfilling certain expectations, then you can't say, "*You can do it.*" She will be bound for certain disappointment. It's just like saying "*It won't hurt*" when an injection really hurts. You can't fool your child.

Sometimes, you have to help your child set realistic goals. When she wants to enter a contest, you're all out rooting for her – whether it's an art contest, a science contest, or whatever.

Some children start counting their prizes even before they submit their entries. In those cases, you explain the odds and make the project so much fun that it is the effort that counts.

"Don't expect to change your child." The beginning of change is to accept your child's mistakes. Saying sorry to your child can do wonders in bridging the generation gap. It is only human to let her know, "Hey, Danielle! Daddy needs some encouragement too!"

How To Raise Your Child With Self-Confidence

Being able to approach a variety of situations with confidence makes life so much more pleasant, relaxed and interesting whatever the situation - at work, social events, learning something new or having time with family and friends.

"When people believe in themselves they have the first secret of success".

~ Norman Vincent Peale

The skills needed to feel confident, self-reliant and assured can be taught to your child from a young age and will stand her in good stead for a whole lifetime.

Teaching these skills to your child is straightforward, fun and rewarding. Why not have a go now?

Your child accepts what is around her and makes it her own. If you endeavour to be smiley, pleasant and friendly to others your child will get the idea. Teach eye contact by doing it.

Be honest and straightforward, make the rules clear before you start anything and have lots of fun times. Expect people to be friendly and they almost always will be.

Point out the good bits of disappointing situations and your child will do likewise, for example, **"The match was cancelled because of the weather, now we have more time to make our Christmas cards."**

Your child needs to feel secure. This is achieved by being there for her, listening to her, giving her quality time, making it clear that you think she is great and showing how much you enjoy her and value her company.

When she wants some attention, give it to her wholeheartedly. Look at her and give her your full attention.

Children are more responsive to voice tone and attitude than to what you actually say! So don't waste words when a smile and a hand hold is all that is



needed.

If there is some distraction - cooking on the stove, baby crying, somewhere to get to in a hurry, then promise attention at a specific time later and keep your promise.

Being able to listen to your child is a brilliant skill to have. If your child says something like, "**I'm no use at maths**" then don't contradict this by saying "**Oh I think you do very well with your maths**" as this ends the conversation and she gets no chance to explore with you what is actually going on.

A better response is "**Oh dear - you are feeling bad about the maths today.**" Then, with any luck, your child will elaborate on how she feels and you are in a position to offer support.

Building confidence is about encouraging your child to feel good about herself and her achievements. Avoid putting her in positions of failure. Create tasks that can be achieved and make them achievable by giving appropriate support.

If the game is to hit a ball with a bat then find a bat that is so big and a ball that is so soft that success is inevitable. Once she can do this make it more difficult - perhaps hitting the ball past a tree or using a slightly smaller bat.

If the task is to encourage reading then the same rule applies - make sure your child can achieve success somehow. Make the book appropriate and achievable. Don't let your child struggle - read a page each or read alongside your child, help her to succeed. Confidence will come as one small success builds on another. Praise is no use unless she feels she has earned it. Create situations to make success happen.

The achievable tasks you present to your child need not be of the academic or sporting variety. Perhaps looking after a pet or younger sibling may be more appropriate, or playing in a co-operative way, or making something, or helping with a household chore like cooking or washing dishes.

Use praise for genuine achievement, really mean it. Say, "**I like the way you've chopped those carrots**" rather than blanket praise like, "**That's nice dear.**" Pick out something specific on which to comment favourably.

Always do that first. If there is room for improvement set another challenge - e.g. **"Next time you can do the onions too"** (or whatever). Your child needs to know she is doing OK but at the same time she likes to feel she is moving towards a higher goal and that you trust she will get there!

Confidence comes from feeling good about ourselves and our place in the world. Help your child grow in confidence by providing the love, support and security she needs, by listening in a way that encourages conversation, by creating situations where success is achievable and by using praise and encouragement in productive and meaningful ways.

How To Teach Values To Your Child

Teaching your child values will help her make good choices in her life.

Today's world is ever changing and very fast paced.

In years past children grew up in a small community or with just their families and their challenges were much different.



As a parent your influence over your child has been diminished and so you need to try extra hard to instil good values in them.

What Are Your Values?

"We worry about what a child will become tomorrow, yet we forget that she is someone today".
~ Stacia Tauscher

Teaching values to your child must start with yourself. This is a very critical step and only you can determine what your values are.

You naturally want your child to have integrity and a good character.

Your values determine what kind of car you drive, how you spend your time and how you spend your money.

Do You Want Your Child Patterning You?

Your child will take on many of your values by watching you. When you see a value your child is developing does it make you feel uncomfortable?

Is this a value you have that you do not like? Now is the time to change your values into what you want your child to adopt.

Ask Yourself Questions

If you found \$1,000 what would you do with it? If you had a day where you could do anything you felt like what would it be? If you could choose to spend your weekend shopping or donating your time to an important course what would you choose? The way you answer these questions reveal some of your values. Are you happy with your answers?

Monthly Family Meeting

This can be over dinner, at a park or in your home. Focus on your child. Ask her how school is going and about her friends. Discuss your values with her and get her opinion.

One Value Each Month

Each month focus on a single value. It can be anything from character building to goal setting. The important thing is that your child has the opportunity to tell you what she thinks of it. By doing this your child will feel like she is part of the process and will appreciate your willingness to hear different perspectives.

Teaching values to our child starts with your own values. First you need to understand what your values are. If you lack certain values or are unhappy with a current value then now is the time to change. Then set some time aside each month where you can meet with your child and discuss a different value each month with her.

7 Ways To Build Self Esteem In Your Child

***"Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry".
~ Alvin Price***

As a parent you know that building your child's sense of self esteem is important. However knowing it is important is not the same as knowing how to give your child a strong sense of self worth.

There is no simple strategy but there are several effective techniques you can use to help boost self esteem in your child.

1. Let Her Know Her Value

The most important strategy is to show and tell your child how much you value her and appreciate her. Spend time with her, talk to her and really listen to what she has to say, and appreciate the things that interest her.

2. Empower Her To Make Decisions

You should also teach your child about decision-making and recognizing when she has made a good decision. Children make decisions all the time but often are not aware that they are doing so.

There are a number of ways you can help your child improve her ability to consciously make wise decisions. Start first by giving her the ability to make decisions, for example about what to wear for the day, and then letting her live with the consequences, such as being too hot in a long sleeve shirt on the beach.

Then gradually expand the scope of her decisions and discuss the problems and solutions involved to help her evaluate the decisions she made.

3. Make Her Responsible For Her Emotions

Let your child know she creates and is responsible for any feeling she experience. Likewise, she's not responsible for others' feelings. Avoid blaming her for how you feel. Model appropriate ways to respond to her emotions.

4. Help Her Find Her Interests

Encourage your child to develop hobbies and interests which give her pleasure and which she can pursue independently.

These can help her develop various skills which may help build confidence as well as provide comfort and distraction during difficult times. Also, these may well provide common ground to further social interaction with others.

5. Let Her Work It Out With Peers

Your child must learn to work out disputes with siblings, friends, and classmates without your intervention. As she grows older she won't always be under direct adult supervision, but also learning to work through social challenges can help build confidence and self esteem.

Another important social tool is the ability to cope with teasing. Help your child develop "tease tolerance" by pointing out that some teasing can't hurt and exploring the reasons why some children tease.

6. Reinforce Her Strengths

When your child succeeds at something, reinforce that success by pointing out how far she has come by not giving up. When your child fails, point out the other successes she has enjoyed, especially those that were accomplished after a failure.

7. Teach Her To Laugh

Laugh with your child and encourage her to laugh at herself. People who take themselves very seriously are undoubtedly decreasing their enjoyment in life. A good sense of humour and the ability to make light of life are important ingredients for increasing one's overall enjoyment.

Laughter is a great stress reliever and a good way to make friends. Laughing at your mistakes and at life's challenges help teach your child to put trouble in perspective and cope with challenges.

Using these seven strategies can help build your child's self esteem and help her lead a happier and more successful life.

Discover...

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