

PARENTING TIPS



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Introduction



“A new baby is like the beginning of all things – wonder, hope, a dream of possibilities.”

Eda Leshan



Becoming a parent is one of the true wonders of life. You will experience joy, sadness, frustration, bliss, surprise, and all sorts of emotions as you welcome your little one to your life. No parents are perfect. But that doesn't mean you're not going to do your best to give the best life to your child.

This time of your life can be hectic and overwhelming. Sometimes, it can be dangerous too. According to the Mental Health Foundation, around 66% of parents suffered from severe mental illness with their children under 18 years of age.

Moreover, critical parenting is also linked to depression and anxiety. Parents who keep criticizing and undermining the feelings of their children are most likely to go through emotional health problems.

On the brighter side, welcoming a child into your life can be a miracle. Who knows that staring at your little one with mismatched socks after a long day at work is the only rest you need? There are moments that you will never experience with other people, except being with your children.

There will be bad days, too. Prepare for sleepless nights, especially in the first years. There will be mistakes, and there will also be something to celebrate for. You will learn a lot about being a parent. While some skills can't be picked from a book, it's still worth the time preparing yourself to care for a child.

This book will help you find out everything you need to know about parenting and all of its wonderful aspects.

Chapter 1

Parenting and its definitions



“Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.”

Matt Walsh



What is parenting?

Parenting or child-rearing is one of the oldest practices in the world. Since the beginning of time, human beings are responsible for caring for their offspring. While the styles and methods of parenting vary, all of them share three major goals:

- 1 Ensure that your child grow healthy and safe;
- 2 Prepare the child to become a productive adult and;
- 3 Transmit cultures, values, and traditions so that the legacy of your family lives on.

To achieve this goal, you must be capable of building and nurturing a loving parent-child relationship. According to the American Psychological Association, this relationship is crucial for the healthy development of your child.

There are many challenges when it comes to parenting. The first challenge that you'll encounter is changing diet and exercise for your kids. It's your responsibility to teach them how to take care of their bodies at a tender age. Moreover, some parents are faced with confronting childhood obesity. It is rampant and affects about 13.7 million children, according to the Centers for Disease Control and Prevention.

You also need to face the school dropout dilemma. Many parents can relate to this problem. As your child grows older, you have to prepare them to cope up with stress. Left unchecked, your child could be facing an endless list of mental problems caused by stress. It's an entirely different story if you are a single parent. Life in a broken family is indeed difficult, and you have to make sure to fill the gaps that your missing partner has left in your child's heart.

