

PARENTING TIPS

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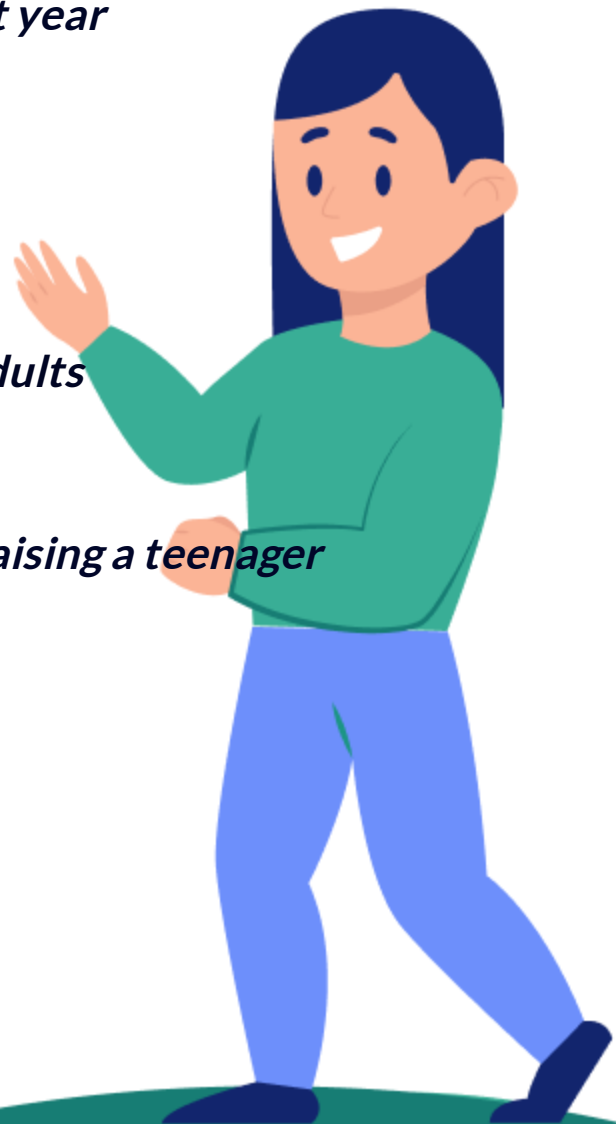
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Table Of Contents

- 1** *Parenting and its definitions*
- 2** *Caring for the newborn in the first year*
- 3** *Caring for your toddler*
- 4** *Parenting teenagers and young adults*
- 5** *5 Parenting mistakes to avoid in raising a teenager*



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



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

Matt Walsh

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