



# PARENTING TIPS THE GRACEFUL WAY

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# HOW TO GET OVER THE CHALLENGES OF PARENTHOOD

Becoming a parent is one of the best things that can happen to you. However, parenthood comes with a lot of obstacles that make it challenging for you to be the father or mother you desire to be. Your beautiful 5-year old baby may turn into an over-energetic and uncontrollable nightmare overnight. Your 12-year old may become disrespectful and detached leaving you with the hopeless alarm of trying to figure out where it all started.

You may be trying to find out how it all started without any success. Do not despair because you are not alone. A lot of parents are dealing or are at least trying to deal with their disrespectful or disconnected kids and some have found effective ways of overcoming the challenges of parenthood.

## Spending Quality Time With Your Child Can Influence Positive Change.

One common challenge you may face as a parent is failing to spend enough time with your child due to your busy schedule. This is quite normal in this day and age where people are preoccupied with finding new ways of improving their livelihoods professionally, academically, etc. However, until you realise the importance of spending time with your child, you may never be able to positively influence his or her behaviour.

## Your Child Becomes Distant When You Fail To Give Him/Her Your Time.

One of the main reasons your child becomes disrespectful and distant out of the blue is that they are not getting the attention they deserve or need from you. That is why spending quality time with your children is important no matter how busy you are. If you want to start seeing positive change in your child's behavior make sure you include him or her in your everyday schedule.

Spending quality time with your child is not limited to going camping or going on vacation at least twice a month. It does not have to be something big or extravagant. It can be something as small as playing in the backyard with them, helping out with their homework, or just sitting down and listening to them. Keep in mind that what your child needs from you is that you give them the attention they need. Show your son or daughter how much you care by just being there for them.

# Practical Ways Of Effecting Positive Change In Your Child's Life.

## \* Expect positive change from your child.

“You can never do anything right.” “You are no good.” Such negative comments have the power to turn your child's life upside down. Negative comments leave your child feeling worthless and unloved and he or she retaliates by being stubborn or outright defiant. However, you can avoid all this by simply refraining from negative talk and passing positive and encouraging compliments.

Start by expecting good behaviour and telling him or her that you are expecting only great things from them. Your conversations must be centred on positive affirmations that build character.

## \* Communicate well with your kids.

A lack of communication often leads to misunderstandings. That is why you have to start communicating effectively with your children. Let them know what you expect from them and make sure you emphasise that good behaviour will be rewarded while bad behaviour will entail consequences. Once you make that decision, make sure you see it through.

If your son behaves the right way make sure you reward him for it, stay true to your word. If your daughter misbehaves make sure she gets the discipline which entails. Remaining true to your word will not only make the kids take what you say seriously but it will help them pause and think each time they are about to do something. Good or bad.

## \* Work with your partner.

Sometimes raising your kids is becomes difficult when you try to do it alone. However, it becomes much easier when you are working with your partner. They say it takes a village to raise a child and it is not a lie. Work with your partner, parents, sibling, and other people in your life. Do not shut your spouse out when trying to change the way your child conducts himself or herself. Set the right example by working together and making decisions together.

One mistake you can make when reprimanding your kids is arguing in front of them or disagreeing on how you can best correct them for wrongs that have already been committed. So, avoid this by making decisions together and agreeing with each other whenever they are around. Any differences you have can be settled when the kids are not around.



## Building The Right Connection Between Siblings

While some siblings become best of friends from a young age, many siblings can't seem to stop fighting like cats and dogs. They just can't stand each other. This has mostly been attributed to differences in personalities and failing to appreciate each other.

In some cases it is simply a fight for attention and in most cases, having a parent favour one child over the other(s). But how much do they lose with this sibling rivalry and what can a parent do to solve the problem?

We can have all the friends we want in life, but having a loving sibling gives a heartwarming feeling one can ever experience. People can fight with their friends or wake up one day and decide they do not want to talk to each other ever again.

Friends come and go. But, a family is the best gift in the world. Even if fights are sometimes inevitable, mentally healthy people will always have space for their siblings in their hearts no matter what.

It is something they can never wash off their system even if they wanted to. Siblings are the type of people who can love you, forgive you, and look out for you even when they sometimes feel you do not deserve it.

They can make sacrifices for you. They might even be all you have at some point, something we all need to consider before messing up our relationships with them.

On top of that, having blood connections of that nature gives one security. If siblings cultivated good relationships, they could even make the best business partners and support systems.