

# ★ The 7 Habits of a Positive Parent ★

## 1. Connect Before You Correct

When we **connect**, kids move from a defensive, reactive state to a receptive one.

"Come here for a hug. You seem to feel very strongly about this. Tell me more."

## 2. Ask for help when you need it

You'll get the support you need and model the importance of **speaking up**.

"I took on a lot this week. I will see if my friend can help me out."

## 3. Make time for yourself

Our children will never choose to give us a break. We need to make sure our **needs are met**.

"I need time to relax for ten minutes. I will be available after."

## 4. Set firm boundaries

Clear boundaries help children **thrive and make parenting easier**.

"My answer is no. You're free to disagree."

## 5. Stay flexible

Be open to changing your mind. Try **new approaches**, and find what works for YOUR family.

"I would like to try something different tonight. Before we read a book, let's talk about our day."

## 6. Lead with love

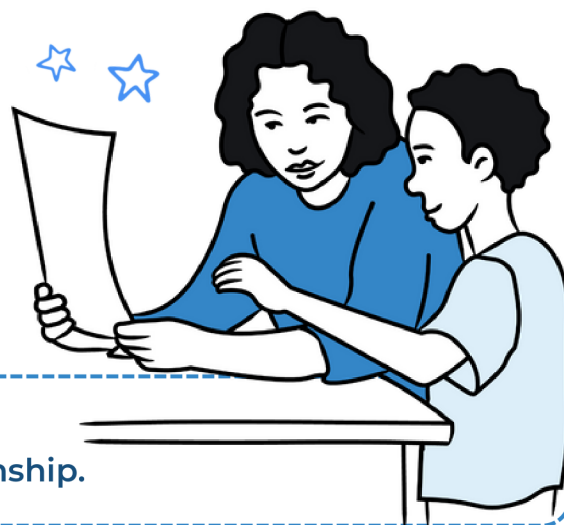
When we **connect**, kids move from a defensive, reactive state to a receptive one.

"Come here for a hug. You seem to feel very strongly about this. Tell me more."

## 7. Be an active listener

Connect and **ask questions** instead of making assumptions.

"Thank you for sharing that with me. I want to talk more about this to understand your perspective."



When you adopt these positive parenting habits you build a deeply connected parent-child relationship.

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Big Life Journal team

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-Noelle

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