

## **5 Factors of Effective Parenting (from SDM)**

- **Demonstrate parental role**
  - Model good behavior
  - Set clear limits
  - Follow through
  - Listen
  - Problem Solve
  - Be protective of your child and keep them safe
- **Demonstrate knowledge of child's development**
  - Have realistic expectations of your child
  - Set age-appropriate boundaries
  - Use age-appropriate discipline, i.e. time-outs, redirection, communication
  - Engage your child in activities such as play groups, Little League, Karate
  - Play with your child
- **Respond appropriately to child's verbal/non verbal signals**
  - Recognize when your child's behavior changes
  - Gain an understanding of the cues your child gives, i.e. crying-hungry, hurt, or sad
  - Communicate with your child regularly to better understand them
  - Ask what is wrong
- **Put child's needs ahead of your own**
  - Feed your child before you eat
  - Make sure they have what they need for school
  - Make sure your child is safe in your home
- **Show empathy toward your child**
  - Give your child a hug
  - Comment on what your child does well-ignore behaviors you don't like to see
  - Encourage
  - Praise
  - Comment on and reward positive behavior