

## Five Golden Rules of Parenting



As parents, we all want our children to excel. Parents bear a tremendous responsibility to raise children in the best possible way. But what constitutes good parenting? Good parenting emerges when parents provide a stable, nurturing home environment, serve as positive role models, and actively engage in their children's lives. Good parenting is about fostering a child's holistic development, imparting moral education, and guiding children through open communication and mutual respect. Responsible parents tailor their approach, instill good values, use rewards and punishments judiciously, and positively influence their children's behavior.

### 1. Spend Quality Parent-Child Time Together

The best gift you can give your child is your time! Be present for them! No matter how busy you and your child are, make time to "connect" together. Understanding your child more leads to family unity. Play games happily together, plan and do things together. Ensure that good habits and positive attitudes are cultivated during this time spent together.

### 2. Provide Unconditional Love

Parental love and warmth are fundamental ingredients for a child's happiness. The more children feel their parents' love, the more willing they are to listen and learn. Before lecturing your child, provide them with unconditional love through hugs, kisses, and words. Research shows that a child needs 12 hugs a day.



### 3. Avoid Corporal Punishment and High-Pressure Education

While the saying "spare the rod and spoil the child" holds some truth, excess severity can backfire. It's essential to avoid corporal punishment. Times have changed, and studies indicate that physical discipline can have negative effects on a child's development and self-esteem, leading to resentment and rebellious behavior. While it's understandable that parents may lose their temper and resort to physical discipline when children misbehave, it's crucial to refrain from violence. Corporal punishment is never a good parenting method.

### 4. Keep Promises

Keep promises made to your child. By doing so, parents teach children the importance of being responsible. Never promise something you can't deliver to your child. If you make a mistake, apologize sincerely and promise to do better next time. Why should parents promise things they can't do for their children?



#### 5. Be a Good Example

Be a good role model and provide positive influence to discipline your child. If parents want their children to exhibit good behavior, such as valuing time and money, being polite, responsible, sincere, calm, rule-abiding, and logical, they should never disappoint their children; lead by example. Children mirror their parents. If we want to change our children, we must reflect on ourselves and make changes. Therefore, when children look up to parents as role models in more than one way, strive to be the best version of yourself. Start today!

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