

POSITIVE PARENTING

by Sudha Gupta



Don't lose your temper or yell at your child. You are only showing the kind of behaviour you want to discourage in your child.

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Don't tell your child how to do things. Tell her what to do. You'd be surprised at how she finds her own ingenious methods of doing them.

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Do not shield your child from every upsetting situation. It will make him unfit to handle the reality of life.

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When you discipline your child, make it clear that it is the behaviour that you are condemning, and not him.

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Never use fear to make your child do something. It could lead to phobias and emotional imbalance later in life. Love, not fear, is the key to a child's healthy development.

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Respect your child, irrespective
of his age or size.

He too has a self-esteem;
he too has feelings like you.

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Respect the view point of our child. His saying 'No' to you doesn't mean he is undermining your authority but has a view different from yours.

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If you want your child to accept his mistakes, first you apologize. Be humble when you talk to the servants of the house if you wish your child to be a good human being. Lead by example. Remember, you are your child's role model.

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Never talk about your child's teacher with disrespect. The moment the child sees his parents make fun of the calibre or the authority of his teachers, his listening towards his teachers stops. And so does his learning.

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It is important to develop in your child the ability to take right decisions. But it is more important to develop in him the courage to face life when the decisions go wrong.

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A little patience can make all the difference between wanting to be good parents and actually being one. Whenever you are about to lose patience with your child, just pause and remember your own childhood!

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A time will come when your child will spend more time with T.V., friends and clothes than with you! Accept and respect these changing needs of your child. It certainly doesn't mean that love has vanished.