

## Positive parenting worksheet PDF

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| <p><b>UNDERSTAND YOUR CHILD'S PERSPECTIVE.</b></p> <p>You and your child are two different human beings, you have your point of view, and your child has his own. Never look at things only from your perspective and take your child's perspective into account.</p> | <p><b>CONNECT WITH YOUR CHILD.</b></p> <p>Knowing that you are a parent never means you have a connection to them. You need to build it through constant effort. Try to connect with your child through</p> |
| <p><b>CREATE A BALANCE.</b></p> <p>Your needs and your child's needs both should be in balance. You should always see what your child's needs and what is your parental need and then create a balance.</p>   | <p><b>CELEBRATE YOUR CHILD'S ACHIEVEMENTS.</b></p> <p>No matter how big or small the achievement is, you should celebrate the moment. Let the child know that you value their little things.</p>            |
| <p><b>COMMUNICATE WITH THEM.</b></p> <p>Ask them, and probe about what they are thinking and feeling. Make them comfortable with you while communicating.</p>   | <p><b>SEEK HELP.</b></p> <p>If you are becoming a parent or you are a parent, and you face some issues, then seek help from professionals because there is no harm in getting help.</p>                     |