

# Parenting *ideas*

## INSIGHTS

### Building parent-school partnerships

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# 10 mindsets to improve your parenting

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.



All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents' mindsets, rather than their parenting skills and understandings. Here are 10 mindsets for parenting success:

#### 1 Believe in your child

This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it's a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child's abilities is revealed through your expectations, your body language, even the expression on your face.

#### 2 Look for the best

What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you'll get more of those things. Set your antennae for children's strengths, abilities and social behaviours and you'll invariably get more of those.

#### 3 Think long term

If you want your child to become independent then don't do everything for him or her; you need to teach them some skills so they can become self-sufficient.

**Awareness, teaching and opportunity** are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

#### 4 Be brave

Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you've worked out what's worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

#### 5 Think family

Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting 'the gang' rather than individual children. "What's in the best interest of my child?" has replaced "What's in the best interest of the family?" as the guiding family principle. This has partly come along as a result of small families, and partly it's a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what's best for each child as an individual, rather considering what may be in the best for the entire gang.

#### 6 Accept challenges

There are always challenges raising kids. It's important to embrace these challenges whether they are behavioural, or a child has struggles at

school, or he is moving into puberty. It's these challenges that will make you a better parent.

#### 7 Build your community

Parents don't raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven't all the answers so they build a community of support and expertise around them.

#### 8 Trust the process

Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It's best to trust the process and allow people to educate, care for and look after your child in their own way.

#### 9 Adversity builds character

It's natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

#### 10 This too shall pass

The hardest part of parenting is supporting kids when life doesn't go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that "This hardship too shall pass."

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