

# As a parent how to be your kid's superhero



## Be a good role model

Children are easily influenced by the people they spend time with. They emulate their parents and other family members. So, make sure you set a good example.





## Be present

Make sure you show up when they really need you, and sometimes even when they don't. You might not be able to turn up at every little celebration, but make sure you don't miss the ones that matter to them.



## Be an active listener

Always give them the opportunity to tell their side of every story. Paying attention strengthens your bond and listening without passing judgment shows them that your love is unconditional.





## Be intuitive

Over the years you will pick up non-verbal cues that will help you sense when something is wrong. Cultivate the habit of listening to your gut as it will help you understand your child's silence and act accordingly.



# Be ready to face challenges

Don't shy away from difficult conversations or situations, no matter how discomfiting. You'll teach your kids to own up to mistakes and meet challenges head on by leading the way when the going gets tough.





## Do what's right

Say 'no' when you have to, even if it can upset your child. But always choose to do what's right and not what your child expects. Teach them the value of choosing the path of good, come what may.



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