

Facts & fundas every parent should know

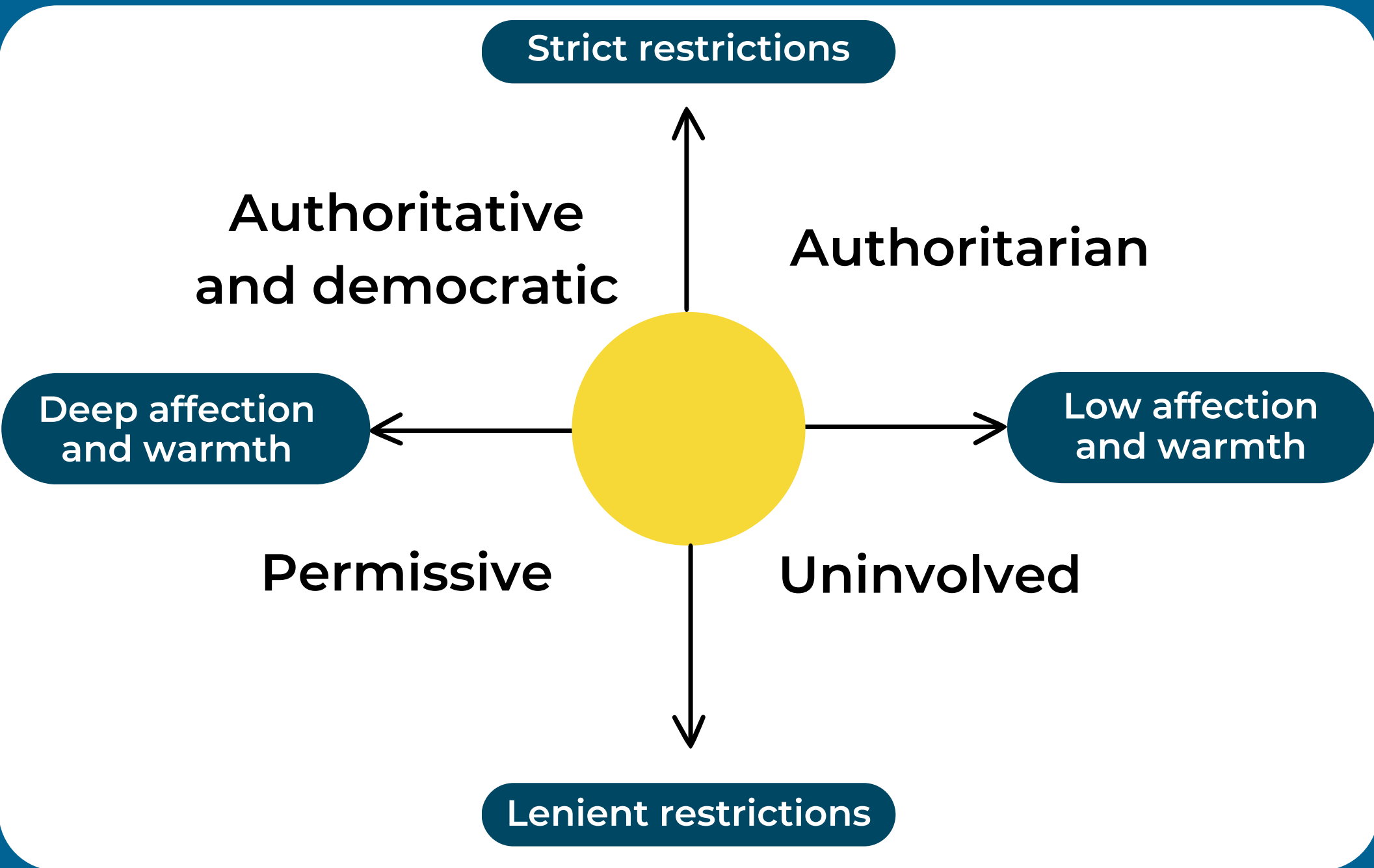


Aren't all kids different

**Yes, and different
parents have different
parenting practices.
A parenting style is a
spectrum.**



Identify your parenting style?



What style is best?

An authoritative parenting style which is flexible in including elements of other styles works best.



5 Cs of positive parenting

- Stay **Curious** with your child
- **Create** rituals & play together to foster deeper connection
- **Correct** them, but with empathy
- **Check** to prevent misbehaviour by setting clear expectations
- Stay **Calm** to avoid feeding into their emotional outbursts



Happy parents make happy employees



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Doctors



Dietitians



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