



Laura Markham's guide to joyful parenting

1. Regulate your own emotions.
2. Be your child's advocate and don't give up on her.
3. Punishment always worsens your child's behaviour. Instead, set limits on behaviour while empathising with feelings.
4. Kids need a safe place to express feelings while you listen. If you want to raise a child who can manage his behaviour, he first has to manage the emotions that drive that behaviour. And if you want a child who can manage his emotions, he first needs to know he has a safe place (your arms) to cry and rage where he won't be shushed.
5. Remember: she's just a kid, trying as hard as she can. Expect age-appropriate behaviour, not perfection, and keep your priorities straight.
6. Don't take it personally. Whatever your child does, it will be a lot easier for you to respond peacefully if you notice when you start getting triggered.
7. All misbehaviour comes from basic needs that aren't met.
8. The best parenting expert is your child. Let him show you what he needs, from infancy on. Listen with your heart. Be willing to change and grow – and learn to enjoy the process.
9. What worked yesterday may not work tomorrow, so your parenting approach needs to evolve as your kids do.
10. Stay connected and never withdraw your love, even for a moment. Above all, safeguard your relationship with your child.

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