

What is my role as a Parent?



Raising children can often seem challenging and complicated, but it can also be a very rewarding and satisfying experience. There is no one recipe for doing it right and all parents need help from time to time. Here are a few guiding principles you might find helpful in thinking about your role as a parent.

Meeting the physical needs of children:

- *Parents are expected to meet the basic physical needs of their children; for example, the need for food, shelter, clothing, and appropriate medical care. All children deserve to live in a safe and stable home environment.
- *Children also need appropriate supervision.
- *If children are old enough to be left at home alone, always leave clear instructions about what to do in an emergency. All children should be taught to phone for emergency services.
- *Never leave a baby or very young child alone at home, even for a few minutes, and even if they are asleep. It only takes a moment for a child to get into a dangerous situation.
- *Always supervise children while they are bathing or around water in which they can drown (buckets/pans filled with water, for instance). There are numerous drowning incidents of young children when a parent walks away for just a moment.
- *Always supervise children while they are outside playing.
- *It is never safe to leave young children in a car alone. Proper supervision should always be provided while children are in a vehicle.



Meeting the emotional needs of children:

- *Spend time with your children.
There is no substitute for spending time with your children. Whether it is time spent playing a game, doing household chores, or just sitting and talking, it is important for parents to put aside time each day to give their children some undivided attention.
- *Be fair and consistent in discipline. Set reasonable limits and rules and enforce those rules consistently as often as possible. Children learn quickly what will and will not be tolerated. When a parent is inconsistent with a rule, it often leads to whining, pleading and begging by a child to get his way.

*Show affection to your children. A kind word or hug goes a long way in helping children feel good about themselves.



*Teach children to respect others.

By teaching your child to respect others, you are providing your child with the basis for getting along with peers as well as those in authority. And remember, your actions speak louder than words so the most effective way to teach a child to respect others is to model that behavior.