

# What Parents Can Do To Help

Being a parent is a challenging yet highly rewarding role. As our children grow and face various obstacles in life, it is essential for parents to provide guidance, support, and encouragement. In this article, we will explore the different ways parents can help their children overcome difficulties and thrive in their personal and academic lives.

## The Power of Communication

Effective communication is key in any relationship, and it holds even more importance in the parent-child dynamic. By fostering open and honest conversations, parents can establish a strong bond with their children and create an environment where sharing thoughts, feelings, and concerns is encouraged.

Parents can offer a listening ear, asking open-ended questions to stimulate dialogue and promote deeper understanding. By actively engaging in conversations and showing genuine interest, parents can gain insight into their child's world and provide the guidance and support they need.



## Children Coping with Your Divorce?: What Parents Can Do to Help by Renee Smith Ettline(Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1884 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 50 pages
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Additionally, regular family meetings can be organized to discuss important matters and celebrate achievements together. This practice not only strengthens family ties but also teaches children valuable communication and problem-solving skills.

## **Nurturing Self-Esteem and Confidence**

One of the greatest gifts parents can give their children is a strong sense of self-esteem and self-confidence. By emphasizing their child's strengths and praising their efforts, parents can boost their child's belief in themselves and enhance their overall wellbeing.

Encouragement should be specific and genuine, highlighting the qualities and actions that make their child unique. Parents should also provide constructive feedback, helping their child identify areas for improvement and offering guidance on how to achieve their goals.

Fostering a growth mindset is crucial to building resilience. Parents can teach their children that challenges are opportunities for growth and learning, rather than setbacks. By reframing failures as stepping stones to success, parents can instill perseverance and a positive outlook in their child.

## **Setting Realistic Expectations**

Parents often have high aspirations for their children's success, but it is important to set realistic expectations. Every child is unique, with different strengths and interests, and it's crucial to respect their individuality.

Supporting your child's ambitions while keeping their abilities and happiness in mind is key. By focusing on personal growth rather than comparison with others, parents can reduce unnecessary pressure and enable their child to flourish at their own pace.

Open communication helps in setting realistic goals together. Discussing aspirations, interests, and talents will allow parents to guide their children towards activities and pursuits that align with their true passions, fostering a sense of fulfillment and well-being.

### **Establishing Structure and Routine**

Children thrive in a structured environment where they know what to expect. Establishing clear routines for daily activities, such as homework, chores, and leisure time, can instill a sense of security and discipline.

Parents should set realistic expectations for their child's responsibilities and hold them accountable for completing tasks. This helps children develop important life skills like time management, organization, and self-discipline.

However, it's crucial to balance structure with flexibility and allow space for spontaneity. Allowing your child to explore their own interests and hobbies outside of the established routine fosters creativity and independence.

### **Encouraging Healthy Habits**

Physical and mental well-being greatly influence a child's overall performance and happiness. Parents can play a significant role in cultivating healthy habits early on.

Encouraging regular physical activity, a balanced diet, and sufficient sleep is essential for maintaining their child's physical health. Additionally, providing

opportunities for relaxation and incorporating mindfulness exercises can help manage stress and develop emotional resilience.

Parents should lead by example, practicing self-care and demonstrating healthy habits themselves. By creating a harmonious environment that prioritizes well-being, parents can foster a healthy lifestyle that their child will carry into adulthood.

## **Building a Supportive Network**

Parenting can be a challenging journey, and it's important for parents to create a support network. Joining parent groups, attending workshops, or seeking guidance from professionals can provide valuable insights and a sense of community.

By connecting with other parents who share similar experiences, parents can exchange advice, strategies, and resources. Sharing challenges, triumphs, and even frustrations can help parents navigate the ups and downs of raising children.

A supportive network also allows parents to take care of their own well-being, as they have people who understand and empathize with their experiences.

Remember, taking care of yourself is essential to being the best parent you can be.

## **Embracing Unconditional Love**

Perhaps most importantly, parents must embrace unconditional love. Children should feel accepted, valued, and loved regardless of their successes or failures.

Unconditional love provides a safe space for children to make mistakes, learn, and grow. By focusing on their child's character development and cultivating a

strong emotional bond, parents can create an environment where their child feels secure, loved, and confident in themselves.

Remember, being a parent is a constant learning journey. Every child is unique, and what works for one may not work for another. As parents, it's essential to adapt, be present, and provide the love and support our children need to succeed in all aspects of life.



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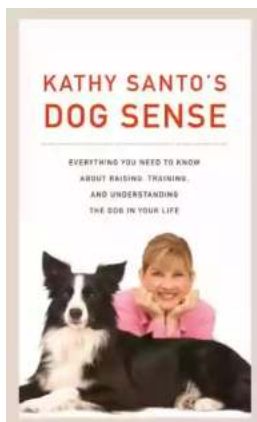
In this concise and powerful book, counselor and award-winning Christian author Renee Smith Ettline, M.Ed., outlines 12 opportunity areas where parents can help their children cope with the realities of divorce. Within each opportunity area are specific actions parents can take. By and large these are simple actions that can make a big difference in your children's ability to thrive despite divorce.

What you do matters. Help your children find safety and support that fosters a well-adjusted life despite the divorce of their parents.

Learn ways to:

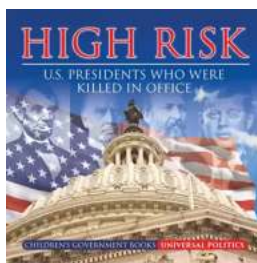
- Minimize your children's divorced-related stress and frustration,
- Help children adjust to a life that is split between two homes,
- Talk with your children about separation and divorce,
- Help your children cope with a negligent parent,
- Help children find spiritual grounding in a time of turmoil,
- And much more.

Renee Smith Ettline is the author of *Peace after Divorce* which has been recognized as exemplary Christian self-help book by the Illumination Book Awards. She is also founder of After Divorce Ministries, LLC and has led divorce recovery groups for years. Her divorce recovery group curriculum is offered in churches throughout the US. Renee uses her experiences as a counselor as well as her own divorce and Christian faith as a foundation for her writing.



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