

Parenting

A healthy, nurturing relationship with your child is built through countless interactions over the course of time. It requires a lot of energy and work, but the rewards are well worth it. When it comes to parenting, there are few absolutes (one, of course, being that every child needs to be loved) and there is no one "right way." Different parenting techniques work for different children under different circumstances.



THIS MONTH'S WEBINAR

Identifying Your Parenting Style

Tuesday, July 19th at 12pm Eastern

Learn to identify two essential features of parenting and how they affect parenting styles. Understand how a parenting style contributes to - or helps prevent - power struggles between parent and child. Through this learning you will be able to create reasonable expectations for yourself and your child.

To register, [please click here](#).



POINTS TO PONDER

Being a parent is difficult. No one expects you to know how to do it all. If you think stress may be affecting the way you treat your child, or if you just want the extra support that most parents need at some point, try the following:

- **Talk to someone.** Tell a friend, healthcare provider, or a leader in your faith community about what you are experiencing. Or, join a support group for parents.
- **Take the time when you need a break.** Everyone needs time for themselves. Take a break when you need to so you can take care of yourself.
- **Call a helpline.** Most States have helplines for parents. Childhelp USA® offers a national 24-hour hotline (1-800-4-A-CHILD) for parents who need help or parenting advice.
- **Seek counseling.** Individual, couple, or family counseling can identify and reinforce healthy ways to communicate and parent.
- **Take a parenting class.** No one is born knowing how to be a good parent. It is an acquired skill. Parenting classes can give you the skills you need to raise a happy, healthy child.
- **Accept help.** You do not have to do it all. Accept offers of help from trusted family, friends, and neighbors. Do not be afraid to ask for help if you feel that you need it.

To learn more, log-in now at www.americanbehavioral.com