40 Small Tips to BIG changes

Sanya Pelini, Ph.D.

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For further information, you can contact me at sanya.pelini@raising-independent-kids.com

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needs. No liability is assumed for losses or damages due to the information provided. You are responsible for you own choices and actions.

The resources provided in this book are for information purposes only.

Tip 1: **Let go**

While there is a strong link between parental intervention and children's wellbeing, research shows that being over responsive to children can be counterproductive.

What you can do

- Stop rescuing your kid
- Set clear limits and enforce them.

Tip 2: Provide challenges.

When you encourage children to try unpleasant or difficult activities, you help them develop tenacity. However, you need to take into account their age and their level of fear.

Tip 3: Make your child a master decision-maker

Encouraging your children to make choices is a win-win situation. Children's demand for autonomy is a well-known phenomenon. It enables them to feel in charge and makes it easier for them to cooperate.

Tip 4: Give your child chores.

The earlier (from age 3) children are assigned chores, the more self-reliant and independent they become. They also become more responsible and tend to do better in school. Here are tips on how to actually get your kid to do chores

Tip 5: Talk about money

Children model the basic approaches and skills used by parents and other significant adults to learn efficient money habits and practices.

Here are practical tips to talk to young kids about money.

Tip 6: Be democratic

Allow your children to express their opinions, even when you don't agree with them.

Tip 7: Become a master listener

Listening means being attentive to what is said and to what is kept silent. The more you make time to talk to your kids, the more you learn about them. You'll be surprised about just how much you'll learn when you actually begin to listen.

Tip 8: Accept your child's feelings as valid

It is important to respect your child's feelings, even when you don't necessarily agree with them. Practice active listening when your child expresses his/her feelings. Ask questions. Nod your head. Be attentive.

Tip 9: Grab little pieces of time

Although many parents would love to be more present for their children, they just don't have the time. All hope is not lost though! New studies suggest that the quality of the time spent with your kids is more important than the quantity..

Tip 10: Watch what you say.

When it comes to communicating with children, "how you say" is just as important as "what you say". Much of children's emotional development occurs in childhood. In other words, a child raised in a particular environment learns to react depending on what he/she has been exposed to (positive attitudes, fearfulness, resilience, etc.).

Tip 11: Establish family traditions.

Family traditions

• Act as a foundation for families.
• Give families a sense of identity.
• Are a source of strength and stability as they give families
something to rely on.
• Bring families closer together.

Tip 12: Talk about yourself.

Talking about yourself encourages children to talk about themselves. Talk about your day at work. Talk about what you did during the day. Talk about films, about books you're reading…Make communication a habit.

Tip 13: Be a role model

Whether you like it or not, your kids learn by watching you. Your kids watch and imitate you more than you think. You'd like them to be creative? Be more creative. You'd like them to be optimist? Show them how by adopting an optimistic mindset.

Tip 14: Help you child develop a heightened sense of self.

Wounds inflicted in childhood can have far-reaching consequences. The things we hear from family, friends and teachers are carried with us throughout our lives. And the things we believe of ourselves when young can make us or break us.

Tip 15: Focus on your child's strengths.

Many parenting styles today are based on competitiveness and the fear that (your) kids will get left behind. Your kid is unique. It's important to find out what he or she likes and focus on developing his or her personal strengths.

Tip16: **Cultivate optimism**.

It is important for children to know that they have control over their destiny. Talk to your child about his/her perception of difficult situations. Explain to him/her that he/she is responsible for outcomes; help him/her get into the habit of looking for the root of the problem.

Here are practical tips to help your child develop a positive explanatory style.

Tip 17: Avoid false praise

According to Seligman, the more a child perceives praise as false, the more likely he/she is to be depressed.

Praise **genuine** effort, and if you must praise, be sincere.

Tip 18: Teach your kids to refute self-defeating views.

The things children say to themselves – silently or out loud – have power over what they become. What you say to your children – silently or out loud – has power over what they become.

Tip 19: Teach your child gratitude

A number of researchers have found that gratitude is associated with more frequent positive emotions. Gratitude and wellbeing are connected. Teaching kids to adopt a habit of gratitude decreases pessimism.

Tip 20 : Teach your child to express him/herself

Young children are not always able to define their feelings and can find it difficult to differentiate between feelings. Putting feelings into words can help your child develop self-regulation.. This can be achieved by encouraging your child to express their feelings out loud.

Tip 21: Teach your child to identify and respond appropriately to warning signs of aggressive behaviour or anger

Helping your child identify warning signs is an important step in helping him/her manage anger. Providing an appropriate framework can make it easier to deal with this emotions.

Tip 22: Teach your child to manage stress

Young children need to be taught to regulate their behavior and develop acceptable ways of expressing their emotions.

Exercises such as breathing exercises, relaxation, imagination and distraction have been found to be effective when dealing with angry children.

Tip 23: Change your perception of anger

There are many positive ways in which you can help an angry child calm down. This article will show whether you should worry about his behavior.

Tip 24: Reduce the tendency to procrastinate.

There is much evidence to suggest that gradually transferring decision-making to your child is better than premature independence or prolonged dependency.

These practical tips will help your little procrastinator,

Tip 25: Foster acceptance

"There is nothing more **unequal** than the **equal** treatment of **unequal** people."
Thomas Jefferson.

Children who feel accepted for themselves are also more likely to develop self-acceptance and experience greater emotional well-being.

Tip 26: Know thy child!

Embarking on the journey of knowing your child requires you to let go of many preconceived ideas and really focus on your child.

Tip 27: Motivate your child

Motivation matters. Much evidence suggests that children's ability to persist through difficulty predicts social and educational outcomes.

This article has all you need to know about motivating your child

Tip 28: Set reasonable expectations.

When your child often meets with success, he/she is likely to repeat the behavior that led to success. The opposite is true.

Tip 29: Understand your child's anger

Anger in children is a normal human expression. It is a channel through which children express different feelings
and is often manifested through behavior such as tantrums, and meltdowns or aggressive behavior.

Here are a few practical tips to help your child manage big émotions.

Tip 30: Fuel your child's fire for exploration

Kids are curious by nature and crave independence quite soon. Raising self-reliant kids requires structures that help develop their independence. They also require you to structure their play environments.

Provoiding the approriate framework can help sharpen your child's creative and decision-making skills.

Tip 31: Stimulate your child's curiosity.

Einstein once said that imagination is more important than knowledge. Creative kids become problem solvers. Stimulate your kids' creativity by exposing them to different activities.

Tip 32: Talk to your kids about the world around them.

Talking to your kids about the social, political and cultural environment around them has been shown to improve their critical thinking skills.

Tip 33: Adopt a minimalist approach

Researchers from the Johns Hopkins Carey Business School and the University of Illinois have proven that scarcity, rather than abundance, spurs creativity. A previous study came to the same conclusions: too many toys stifle children's creativity. Minimalism enables your child to find creative alternatives.

Tip 34: Make your child a reader

Many experts agree that the earlier in life children are exposed to books and to different vocabulary, the better they learn new words, and the more they benefit from everyday experiences.

Tip 35: Chill out

There are three good evidence-backed reasons why you need to chill out:

- Because an over-focus on kids does you more harm than good.
- Because stressed parents make lousy parents.
- Because comparing yourself to other parents will drive you crazy.

Tip 36: Put yourself on your agenda

Have you noticed that you're more irritable and have less patience when you're tired?

If you're not taking care of yourself, you can't really take care of what else needs to be done. You're less productive when you're worked up and tired.

Tip 37: Get involved

Any research on learning outcomes will tell you that family background explains most of the gaps in student achievement. Education begins at home and never stops. New findings show that parental involvement in education is pivotal for the success of children throughout their school years and beyond.

Tip 38: Focus on quality time.

Groundbreaking research shows that it's not the amount of time you spend with your kids that counts – it's the quality.

"*Do what you can, with what you have, where you are*".

Tip 39: Ask for help.

Sometimes, simply speaking with other people about your child can offer much relief. Don't hesitate to ask for help from parents, teachers and other professionals if you're having trouble with your child and if nothing seems to be working.

Tip 40: Don't be perfect, be good enough

Striving for perfection is setting yourself up for failure. It's synonymous with inviting stress and disappointment into your life. Rather than being perfect, be good enough.

I’m so glad that you’ve decided to join the Raising-independent-kids community. I’ll be sending you evidence-based information at least once a month and occassional information about my best offers !

Don’t forget to check out all the free and paid resources available on the blog to help you on your parenting journey.

Talk soon,

Sanya