

THE SECOND CHAPTER

Rules

Be consistent with rules where needed

Let him/ her understand there are boundaries

Learn when to let it slide or when to enforce

R

Reason with your child and explain in their language

En

Encourage your child to learn his or her strengths

Be gentle with their weaknesses

Focus on what is important

Familiarize yourself with your child's capabilities - know how fast they learn, how they cope, pick themselves up

These understandings could help you communicate with your child and encourage them

Tribulations & You

Children can sense when you're edgy or anxious

Where there is strife

Everyone has melt-down moments/ There could be tensions in the family

Ensure that your child feels safe although you're having a bad moment and take time to explain to your child when the time is appropriate

Being firm ascertains where to draw the line

And cultivates appropriate expressions of negative feelings

Allowing your child to learn how to express themselves in their moments of unhappiness while maintaining control of their emotions