

POSITIVE PARENTING REPORT

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PARENTING

THE BIGGEST
PARENTING MISTAKE
TO AVOID





As seen on



Dr Rosina McAlpine

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Assoc Prof - University of Sydney

3 simple steps to better parenting

7 keys to raising well-adjusted kids

Welcome

Welcome and thank you for choosing to download my special report on positive parenting advice. In this report you'll learn:

- The biggest parenting mistake to avoid.
- 3 simple steps to better parenting
- 7 keys to raising well-adjusted kids

Hi,

I'm Dr Rosina McAlpine and like you, I'm a busy working parent. Whether you work from home, in an office or in the field, your time is valuable and so you want the best parenting advice you can get - right? And so do I.

When I first became a mother, I realised I didn't have all the skills I needed to support our son's development; despite having a PhD in Education and 24 years teaching experience. So, I decided to find the resources I needed to help our son grow up to be a well-adjusted child to set him up to lead a happy, healthy and fulfilling life.

I've spent years researching the **best** parenting practices from the leading child development experts of our time. I've read their work, met with them and talked to them, and now I want to share what I've discovered with you in this report.

Bringing everything I've learned together, I can now share the **biggest** parenting mistake to avoid; 3 simple steps to better parenting and 7 keys to raising well-adjusted kids. I'll to start with the most important parenting mistake to avoid, after I share a little more about my qualifications and experience so you can feel confident about the information in this guide. Also, please take a moment to read the disclaimer on the last page.

Dr Rosina McAlpine: Brief Biography

Dr Rosina McAlpine is an Associate Professor at the University of Sydney Business School see <http://sydney.edu.au/business/staff/rosinam> and has a Masters degree and a PhD in education. She is an internationally recognised, award-winning researcher and educator receiving 5 outstanding teaching awards at the faculty, university and national levels as well as 5 international best paper awards. Since becoming a parent, she has been developing programs to help parents overcome the challenges of modern day parenting using the latest research in child development. A keen researcher, Dr Rosina is a contributing author and editor of a book with chapters from leading minds around the world in psychology, neuro-science and biology for the book entitled

[*Inspired Children: how the leading minds of today raise their children.*](#)

Inspired Children Volume II will be released later in 2015.

Developing a loving relationship with your child is at the heart of parenting

The most important part of parenting is to nurture a loving, caring and trusting relationship with your children. This relationship provides the foundation for helping kids to feel loved, safe and learn all they need to know to get on well in life.

The biggest parenting mistake to avoid.



The biggest mistake parents make on a daily basis is to focus on getting things done rather making sure they are developing a deep bond with their child. This happens because parents are so busy, so they focus on getting their child up, fed, off to care or school, then after school activities, homework, dinner and to bed... only for it to start all over again the very next day.

By focussing on getting things done it's easy for you to forget to consider that **what** you say and **how** you behave can have a negative impact on your relationship with your children. This is understandable because life is so busy ...right? And there is so much to do and so little time to do it. However, a few simple changes can help you to avoid the biggest parenting mistake of harming your relationship with your child and then regretting it for life.

From the time your children come into the world, every moment you share with them impacts your relationship. When your baby cries and you respond lovingly, she knows you care and this grows the bond between you. When as a toddler you help him through a tantrum with empathy, he'll feel safe and loved and grows close to you. When you support your child with respect to solve her problems and to learn the right thing to do when she make mistakes, she'll know you love her unconditionally whether she's "good or bad". Over the years your thoughtful and loving actions and words provide the foundations to build trust, love and care into your relationship. So, when your sons and daughters become teenagers and have to navigate the world which has so many dangers including the abuse of alcohol, drugs and sex, fast cars and even crime; they will have a strong relationship with you and as a loving parent you can guide them and support them through this time safely. This won't happen if you have a broken relationship with your child.

Your relationship with your child has to come first

Your Child's Self esteem

Your relationship with your children will impact their self esteem. If your sons or daughters feel you don't like them much, or that you think they are a bad, lazy, arrogant, selfish or naughty, this is very harmful to your relationship and to their self esteem. On the other hand, if your children know through your actions, that you love them no matter what, they are more likely to feel good about themselves.

How you act will impact what your children believe about you and about themselves. Telling your children that you love them is important but it's not enough. Remember, actions speak louder than your words. Imagine if your partner said "I love you" every day but his or her actions told you a very

different story when they disrespected your feelings, ignored you or treated you badly. What would you believe - their words or their actions? Keep this in mind when you think about your actions towards your children.

How does your child interpret your behaviour?

Of course I know that you, like every parent, love your children more than anything else in the world and the actions you take are because you want the best for them – but the key is do they know that you love, respect and care deeply for them when you:

- Tell them what to do instead of including them in the decision making process
- Hide what is really going on in the family
- Send them away, scold them or even hit them when you don't like their behaviour
- Make them eat foods they don't like because "they're good for you"
- Expect them to have life skills like managing their emotions and conflict resolution skills, when they haven't really had any instruction or practice with how to master them...
- Ignoring your children while you answer calls, work on the computer, plan activities, cook dinner, do laundry and clean up around the house with so little time to really talk to your kids and find out how they are.

I'm certainly not suggesting you drop everything you need to do or to let your children run wild, but if you want to have a caring and loving relationship with your children from the time they are born and right through all of the stages of their development, then your focus needs to be on **how** what you do and what you say impacts your relationship with your children.

The best way to understand this point is with a couple of examples so you really understand the small but important shift you need to make in your daily focus that will make a huge difference and help you avoid the biggest mistake parents make which is to focus on outcomes rather than their relationship with their children.

- Example 1: you are on the phone and your child wants your attention. You ignore her or send her away "not now, can't you see I'm talking?" Your child is likely to believe that she is not important, she doesn't matter and isn't a priority in your life. This harms your relationship and their self esteem.

The key - the small shift that can make all the difference:

For each interaction with your child ask yourself the question "what has my child concluded? What is my child walking away thinking or believing after that interaction? How has this affected our relationship and his self esteem?"

In the first scenario, you were focussed on getting the phone call done, not the impact you might have on your child and your relationship with your child. Literally, taking a few seconds to say "Can you please excuse me for just a moment to attend to my child (to the adult on the phone and saying to your child) I really want to hear what you have to say, but if it's not urgent, I'll be off the phone in 5 minutes and come and see you straight away ok? (then back to the person on the phone) Sorry about that now where were we?". This literally

takes about 20 seconds ... try it yourself. However, by taking that extra 20 seconds, your child is more likely to walk away believing she is an important part of your life and your relationship is nurtured.

Of course I am not talking about a one off incidence –this is just an example - it is about what you do every day and how much quality time you spend with your kids versus how much time you spend working, socialising, cooking, cleaning shopping, etc...

- Example 2: Ask yourself how often do you tell your children what to do and when to do it. This way they don't get a say in the decision making processes and don't have input. For example, how often have you called your children for dinner and no-one comes. One child might be in the middle of a computer game and your other child might be talking on the phone to a friend –they both completely ignore you immersed in what they are doing. You try again, and again no luck. This is so completely frustrating right? Actually downright infuriating, so you hang up the phone and you turn the power off on the computer. They follow you to dinner yelling and screaming. Mission accomplished ... but was it?

Your children are likely to believe you don't respect or value them or have any regard for what they want. This harms your relationship with your kids. But the truth is, your focus is on getting a nice, hot, nutritious dinner to your kids that you've lovingly prepared with the little time you have in the day. On the other hand, your children's priority is on what they think is important.

The small shift you can make to nurture your relationship with your children instead of alienating them is to explore how you can still achieve your goal, and at the same time consciously nurture a respectful and loving relationship with your children as well. You can start by putting yourself in their shoes. How would you feel if you were in the middle of an important phone call or email and they turned off the power or hung up! You'd be outraged right?

Working together to be respectful of each other's needs and to problem solve together is a good way to build a strong relationship. For example, you could talk to your children about an ideal time for dinner. Once you all agree on the ideal time, they can plan their time around this. Then a 5 or 10 minute reminder to finish up and to come to the table might be in order until they can manage it on their own. This signals you respect their ideas and their time and their activities.

Now, of course they may not come on time every time and then you have to decide as a family what to do next. The key is to take a long term approach. This means focussing on the family relationship –that means your children learning how to take responsibility for caring for you too. Little by little through loving discussion and working together as a family and mutual respect you will nurture your relationship with your child and help them learn how to be caring and cooperative people with your example and loving support.

Summary

The biggest mistake parents make is to focus on getting things done rather than thinking about how their words and actions affect their relationship with their children and how this ultimately impacts on their child's self esteem.

The key is to focus on whether your actions and words will nurture or harm your relationship with your child. Speak and act in a way that your child knows and understand that you love them, you respect their opinion and that they can make a valuable contribution to your family.

3 simple steps to better parenting

Step 1: self care

The first step to better parenting is to take care of yourself. Yes you read that correctly. If you take care of yourself you will have lots of energy and inspiration to care for your family and you will be a good role model for your children. You want your children to take care of themselves... right? You can't expect them to do that if you don't set a good example.

Self care for parents, especially mothers isn't easy. They are always looking out for their children and their family. But if you take time to eat well, exercise, take time out to rest and do things that bring you joy and inspiration – you'll be a much better parent and mentor for your children.

Step 2: take a life-long approach to learning to be a good parent

Most jobs we do in the world require education, experience and training. Parenting is the most important and hardest job in the world and parents are expected to know what to do without any education, experience and training. The good news is that there are so many stages of development for your child – baby, toddler, child, tween and teen – and each of these stages brings the need for new parenting and child development knowledge to meet the new learning and challenges. Rather than trying to muddle your way through, there are so many great parenting and child development resources you can use to help you be the best parent you can be. You can learn it little by little over time as you need it!

Step 3: teach your kids life skills

Why Life Skills?

Like many other parents, I thought a child's success is mainly determined by their IQ or their academic achievement. Otherwise, why would our children spend so many hours at school and then again at after school tutoring developing their knowledge? However, what the latest research shows, is that it is life skills and personal qualities like good self esteem, not intelligence or academic performance that are the key determinants of life success. So, if children are developing academically at school and in tuition, where are they developing the skills that will give them the foundation for life success?

The answer is that many children are not developing key life skills and that in fact our children are in trouble. Did you know that an increasing number of children are experiencing anxiety, depression, bullying, obesity, diabetes, drug abuse, suicide and mental disorders? Maybe your child is experiencing one or more of these issues right now. Hopefully they aren't, but why wait until your child is in trouble? Child development experts claim that helping children develop key life skills can decrease the chance of anxiety, depression, obesity and many other physical and mental disorders. We all know the old saying "an ounce of prevention is worth a pound of cure"!

Every parent wants to support their children, but life is so demanding with family, work, home and other demands in life. Also, parents aren't even trained in child development or life skill education – which makes it sound almost impossible... this is where learning about how to help your children develop life skills as part of your daily routine comes in.

7 keys to raising well-adjusted kids

Well adjusted kids have the life skills they need to lead a happy, healthy and successful life. You can teach your children life skills as they arise in every day life. Which life skills?

7 key areas of life:

Key 1. Personal Power—good self esteem and resilience. Many children have low self esteem and this affects every aspect of their life with school, family and friends. Children who feel good about themselves are more likely to try new things, learn and explore the world confidently. Life isn't always easy for kids and sometimes they have to pick themselves up after a fall or a disappointment. If we teach our kids how to be resilient, they'll be able to handle life's ups and downs and avoid becoming anxious or depressed. You can help your children develop good self esteem by being a good role model and being there for them. If you give them time, care and love, they feel like they matter and are important to you. This will help them to feel good about themselves and support their self esteem.

Key 2. Health and Wellbeing—with the rising rates of obesity and ill-health with children, teaching kids how and why to eat well and exercise will help them live a long and healthy life. You have to feed your kids every day, so why not make meal times a learning opportunity. Inviting kids to plan, shop for and help prepare meals is a great way for them to learn about healthy eating. Rather than a computer game where they spend hours sitting, why not choose games that get them moving around like Wii Fit.

Key 3. Communication Skills and Relationships—by helping children learn how to manage their emotions, communicate effectively and relate to others, they can make good friends and have better relationships with their family members. Conflict resolutions skills are important for managing hard conversations and disagreements. Modelling how to share a point of view without putting another down will help your child learn to express themselves effectively and with care. By being an empathetic and caring parent you demonstrate how your child can support others in need.

Key 4. Education, Careers and Money— how many times have you heard teenagers say they don't want to do for a career and so they are not motivated to study and learn. By helping children

understand how they would like to contribute to the world and make a living they are inspired to learn. Teaching children financial literacy means they will be able to earn and manage their money once they leave home. Why not invite your friends over to talk about their careers with your kids or allow your children to participate in the household finances. In this way they will learn to value and appreciate money more.

Key 5. Social and Environmental Understanding –we need to protect our natural environment if we are to look forward to a safe place for our children to live. By helping children to learn about sustaining the planet through recycling and not wasting resources we can help families reduce their carbon footprint. In order to help our children to live in our multicultural and diverse society we need to help them understanding social injustices and work towards achieving equality for all.

Key 6. Relaxation and Play –In today’s busy and stressful world where many families lack work life balance – it is important to help children learn how to relax and make time for play. Many children are overscheduled with school and after school, activities, so learning good habits in childhood will provide the foundation for finding balance throughout life. Why not take time together each day to relax and read together, go for a walk or lie down and listen to quiet music. In this way both you and your child get to relax together.

Key 7. Inspired Creativity –Being able to set goals, plan the steps to achieve them, take the actions and make changes as needed, will support children to achieve goals, make their dreams come true and live a meaningful and productive life. Selecting a project to complete together is a great way to explore the process and be a cheer leader and coach for your child. Being able to set and achieve goals is a life skill that will hold your child in good stead for life.

Win Win Parenting: Online Parenting Program

The Win Win Parenting program provides parents with a strategy and tools to help your children develop life skills. The program contains video’s, eBooks covering the above life skills, workbook and audio files which provide helpful information and easy to follow practical activities to assist parents. The activities and resources help children learn valuable life skills and personal qualities like good self-esteem, resilience, persistence, understanding how to eat well and exercise, manage their emotions and behaviours, good communication skills, set goals and goals and achieve them and so much more.

Designed with the modern busy family in mind, the program is designed in sections taking up to about 15 minutes to complete. This is manageable for even the busiest of parents! Each of the life skills home activities contains 12 activities, so if you complete all seven in the series you will have helped your children to develop 84 life changing skills! Best of all, you can complete the activities in your own time and at your own pace.

Imagine how great you’ll feel as a parent seeing your child’s skill levels develop as you watch them grow into happy, healthy and successful people! All whilst you develop parenting skills that will help you manage the many situations we have to deal with as parents.

For more information please go to <http://www.winwinparenting.com>



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My Sincere best wishes on your parenting journey

Dr Rosina

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