

## Art of Parenting

Being a parent is a tough job. 365x24x7. It really is. Here are 10 tips to avoid conflicts in the special relationship you share with your 'uns...

1. Be attentive. Maintain eye contact and hear them out without interrupting. Respect their right to have an opinion.
2. Encourage talking. Get your kids to open up and share their feelings and thoughts with you. Only when you talk can you reason through sulks and grumpiness
3. Listen patiently. Little ones often grope for the right words to express what they want. Make them feel important and give them all the time they need
4. Observe non verbal messages. To realise how much you can push and when. Your child's body language, facial expression and energy level tell you when he's upset, angry or unwell.
5. Pick and choose your battles with care. Decide if the conflict in the making is really worth it. Arguing over what clothes your child must wear is of little consequence.
6. Offer your children choices, determined by their age, and negotiate. Reward good behaviour, saying they make you proud when they behave well. If needed, criticise the behavior, not your children
7. Redirect and distract. When logic fails, occupy him with another thrilling activity to put an end to undesirable behaviour. Time the sermon later.
8. Swap roles with your child. narrate the situation and begin role play. This helps in making your child more flexible in her attitude
9. Kids are creatures of habit. Inform them of changes in their schedule beforehand. And be clear, consistent and firm. The rules must be the same all the time, and for all your children
10. Make your kids feel safe and wanted. Hug and kiss them, reassure and comfort them. So that they feel secure. Explain that emotions affect what you say in anger.

Give them love and you get a great deal back. Spend enough time with your kids and do things they enjoy, together. And make time for yourself. Everyone needs a break from being a parent once in a while!