

The ten golden rules of parenting

1. Love infuses all parenting principles.
2. Every child needs respect.
3. Every child needs to be listened to.
4. Parents should attempt to understand their children and respond appropriately.
5. Good parenting gives boundaries and limits by using alternatives to physical violence.
6. Children learn by example, so act as you want your child to act.
7. There is no such thing as a perfect parent. Involve others/get support.
8. Have fun with your children.
9. Be willing to learn from your children.
10. Be realistic about the world, but give your children the self-confidence to know that they can make a difference.

By Dr Jeannette Josse, family counsellor