Parenting Advice: 4 Ways to Promote Healthy Growth & Development

By [Lauren Burczyk](#)

The way you parent has a huge impact on your child grows up. It can affect everything from how much she weighs to how confident she is about herself. It's important to keep yourself in check and make sure that your parenting style is supporting healthy growth and development for your child. The way you parent and how you discipline your child will influence her for the rest of her life. Check out these [parenting tips](#) to learn some [parenting advice](#) about different ways to promote healthy growth and development for your child.

Read on to learn more about these four ways to promote healthy growth and development for your child.

It's important that you show your child how much you care about them and build their self-esteem. Here are some ways to ensure your child grows and develops into a happy, successful adult:

1. Set family rules: Family rules help children know that the family lives with specific expectations and that they stand for something. Have as few or as many family rules as you would like and enforce them consistently.

Related Link: [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

2. Invite cooperation: Establish regular family meetings, it will teach your child to cooperate. These family meetings are designed to discuss any concerns or problems.

Related Link: [Parenting Advice: 5 Ways to Talk to Your Child About Bullying](#)

3. Expect accountability: You can teach your child to be held accountable by assigning them some household chores. Make sure the chores are appropriate for her age and hold her accountable with natural or logical consequences for not completing her chores on time.

4. Express appreciation: Let your child know you appreciate her help with household chores. Make sure to reward her for a job well done with words or gifts.

Can you think of some other ways to promote healthy growth and development for your child? Comment below.