

Parenting Advice: 5 Steps to More Effective Parenting



[By Courtney Shapiro](#)

Sometimes being a parent can get the best of you, it can be overwhelming, and you're not sure if you're truly doing what's best for your kids. Don't worry, you're not alone, there is no perfect way to be a parent. Here are some [parenting tips](#) on how to be more effective with your children.

Check out our parenting advice with

steps on being more effective.

1. Accept that you have flaws: No parent is perfect and you shouldn't strive for that either. Do the best you can, and come to terms with the fact that everyday won't be easy, but your kids will still love you regardless.

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2. Make time for your children: Life can be crazy sometimes. With a job, kids, trying to have a social life, it can be hard to fully make your kids a priority. Plan a special day where you go out of the house and do something fun as a family. It will be fun for everyone to take a break, and it will show your kids you care even though you get busy.

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3. Stick to your limits and boundaries: If you set specific rules for your children, make an effort to keep them. You can stand your ground and remind your kids that you're the one in charge. It will teach them to respect authority and be good for both of you in the long run.

4. Give your kids positive reinforcement: It seems that kids only get noticed when they do something negative. Tell your kids you're proud of them, or be happy for them even when it's something small. Maybe they cleaned up their mess without being asked to, or were nice to their sibling. Pay attention to the smaller things and tell your kid that they've done something good.

5. Take time for yourself: Spending all of your time with your kids can be exhausting. You can't be effective as a parent if you're constantly tired and stressed. Remind yourself to do things that are good for your mental health, and it will be

much easier to take on the tasks of being a parent.

What is some advice on how to be more effective as a parent? Share your thoughts in the comments!