

# Parenting Tips: 5 Parenting Goals to Start the New Year



By [Ahjané Forbes](#)

As you help your child write their New Year's resolution, you begin to think about what yours might be for this year. You might want to start with changing up your child's routine, and this is the best time to do so. Each year they get a little older, and parenting does not get any easier. Check out our [parenting tips](#) on how to make this new year a better one for you and your kids.

## Starting the new year off with a

# resolution for parenting. What are some parenting tips that you can help your family this year?

As parents, we want the best for our kids. The process begins from home. Parenting is a full time job, and you often don't get breaks. Here are some of Cupid's tips to help you with your parent endeavors this upcoming year:

**1. Self care is the best care:** Taking care of yourself will benefit your kids. Start with small things like a little "pamper Mommy" day, or have a sports night for dad. This will let you relax after a busy week of work and bringing the kids around between their extracurricular activities and school. You can even relax with your kids. Create a movie night in the living room, or do something fun like a mini cooking class. This will keep them entertained and gives you time to relax.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**2. Keep the learning flowing:** The weekends may a tough time to get your kids to focus on school work. Try to sign them up for programs like Khan Academy, Cool Math, or learn a different language on Duolingo or Rosetta Stone. These fun and interactive programs will appear to them as games with pictures and videos. It will also help them to stay engaged in their classes.

**Related Link:** [Parenting Tips: 5 Reasons to Take a Parenting Class](#)

**3. Make exercise fun:** Enroll your kids in a sport or a dance class. Get them into something that they are interested in and lets them learn a new skill. Constant exercise helps the growth process and works as "food" for the brain. Try to get

them to work in teams with other children. This will help them with leadership skills and collaboration for when they get older.

**4. Establish a routine:** Completing tasks in a habitual way will help your children to be aware of what's to come next. If you assigned them a chore to do at home, make sure they follow through each time it needs to be done. This will teach them how to do things in a timely fashion. Starting January 1st, assign a given bedtime, and stick to it. Work to get them in bed at least half an hour before the given bedtime.

**5. Remain authoritative:** As your children get older, you want to give them more privileges and leniency, but you still have to set the rules. Make sure you draw the lines clearly. Try not to use harsh language like cursing; rather, talk to them in a stern tone. This will help them with their relationships with teachers, coaches, and their future bosses. Treat your child as if they were your employee. If they do good work in school, then you reward them with gifts and praise. However, if they are misbehaving, then you take things that they like away. This will help them work for what they want.

**What are some parenting resolutions you plan to make for this year? Share your tips and tricks and the comments below!**