

# AS YOUR CHILD GROWS SO DO YOU.



- **Set realistic expectations.** If you frequently feel ‘let down’ by your child’s behaviour, perhaps you have unrealistic expectations. Parents might find it helpful to read up on the matter or to talk to other parents or child development specialists.
- **Don’t say ‘no’ all the time.** Look for ways to restructure your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.
- **Change applies to parents too.** As your child changes, you’ll gradually have to change your parenting style. Chances are, what works with your child now won’t work as well in a year or two.
- **Seize every available moment to make a connection.** Continue to provide guidance, encouragement, and appropriate discipline while allowing them to learn more independence.
- **Be flexible.** And willing to adjust your parenting style.