

# Purposeful parenting: Helping kids be their best



What do parents want for their children? Most would likely agree they want their kids to grow up to be happy, productive adults. Purposeful parenting is a child-rearing approach that starts with that long-term goal — and helps parents make it happen.

## Some basics of purposeful parenting

No one can be a “perfect parent” all the time. But these basic behaviors can help you practice purposeful parenting:

- **Listen.** When you really listen to your children, you learn a lot about them. You also boost their self-esteem.
- **Be honest.** When you’re open and truthful, your kids can learn from you.
- **Reward good behavior.** If your kids do something good, let them know you like it. It’s better to reinforce the positives than to punish the negatives.

- **Be playful.** Engage in sports, games and other activities to bond and burn off energy together.
- **Spend one-on-one time each day.** Give each child “alone time” with you every day. Even if it’s only fifteen minutes, you can use the time to read together, go for a walk or just talk about the day. This helps strengthen the relationship and builds self-worth.

Parenting may be the most challenging job on earth. But if you raise responsible and well-adjusted adults, your entire family will benefit.

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