



Victorian Parenting Centre

Top 10 Parenting Principles

Dr Lyn Littlefield, Director Victorian Parenting Centre

1. Give children real love and nurturance and be committed to your role as a parent for the long term.
 2. Find out about the different ages and stages of child development so you understand your child's behaviour and their needs.
 3. Balance being responsive to your child's needs and helping them to develop their own independence. Responding to their needs shows them you love them and they are important, and will build their self-esteem. Encourage them to take on some responsibility for looking after themselves will develop their competence and confidence and help them mature.
 4. Communicate well with your children. Really listen and show empathy. Try to understand where your children are coming from and acknowledge their views.
 5. Set reasonable rules and have appropriate consequences for breaking them and keeping them. It is important to ensure your children understand the rules and reasons for them, as well as what the consequences for misdeeds will be and that you will put them in place.
 6. Do things that are interesting and stimulating. Go on outings together and look for experiences you can both enjoy and learn from.
 7. Teach your children social skills, including how to play with other children and form friendships, so they can relate to others and get on in the world outside their family.
 8. Teach children how to solve problems and negotiate. Don't try to solve their problems for them.
 9. Don't draw children into adult conflicts. If adults in the house are in dispute over something, deal with it on an adult level, away from the children.
 10. Have fun with your children. Spend time enjoying each other's company and doing things together.
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