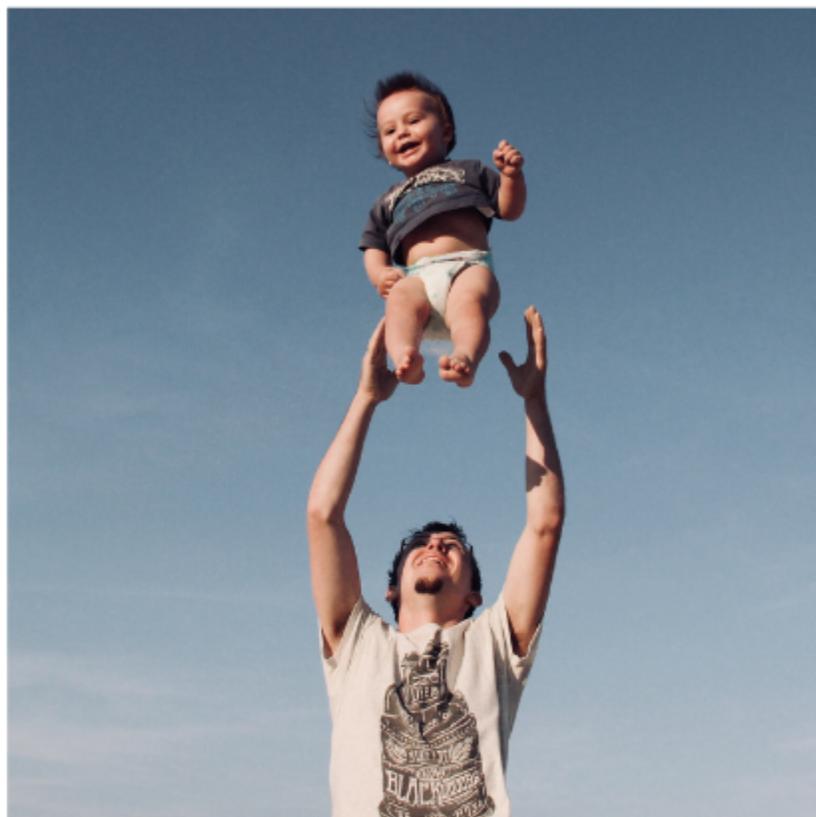

Handy Tips To Be A Happy Parent with Positive Mindset



Dhivya Ramalingam

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Preface

Congratulations on grabbing the copy of this ebook and All the best to become a Happy Parent!!!

I believe that this book is going to help you with this and it gives you some useful tips on Parenting.

And to introduce myself, This is Dhivya, a Professional with Experience in Sales Operations, Procurement and People Handling.

After a decade of graduation from my Engineering, Now I am a **Blog Writer on Positivity & People Wellness and Digital Marketing Consultant for Start-Ups** as well.

I write on my blog digidhivya.com on Positivity which helps you to transform your life from your Existing Mindset to a Positive Minded Person through which your way of thinking would be changed to Out of Box and you would not be an One among the Crowd.

By that you can lead your life as a Happiest and Successful person both in your Personal and Profession.

And if you are reading this book and have the feeling that this book is going to help you in your parenting life, you are absolutely right.

I am also in the same boat and implementing it to be a Happy Parent for my kids and Let me Thank everyone who behind to support me all the time.

Acknowledgement

I feel that even the micro level initiation is good to start with.

That's the reason I initiated this small e-book.

Though it is such a small book, it wouldn't have been possible if I didn't get any support from others.

My Hearty Thanks to everyone who helped me to write this e-book right from my Family Members, Friends and to all my Well Wishers.

Not only this ebook, everything in my life might not have happened without them.

Helping doesn't mean monetary alone. It's their Time and Energy which are more valuable than money that I always get from them.

So I thank once again and keep motivating me to move ahead in my life.

With that note, Let's dive into the other side of the book.

Introduction

Welcome You to the world of Happy Parents!!

You might have understood from your experience that Parenting is not that easy to handle and it is not such a thing to learn in a day or in a book.

Every Parent might come across different situations and different levels of situations.

Likewise You too might have crossed certain situations being a parent and couldn't find the right way to handle it.

So You are now in the right place. Here we are going to see some tips that help you and make your Parenting Life more easier.

How to be a Happy Parent with a Positive Mindset?

First of all, Let me explain to you how your positive mindset is going to help you in your life.

If you mold your mindset to react [positively](#) in all the situations, it helps you in all the ways and it helps your kid also in a greater way.



For example, Whenever your kid is doing some naughty things, you should not react to it immediately. You must think like a kid and then you have to react to it.

If you do that, you would understand the reality and you would come to know that what she (I choose feminine instead of mentioning he/she everywhere) did is not such a bad thing.

It happens because of her age. You have to make her understand what has to be done and what not has to be done.

Without doing that, if you react as it is, then obviously your kid is going to suffer and she follows you in the same way you reacted and she too learns to get angry for the unexpected situations without thinking about the actual reason for it.

So to avoid all these, you have to be positive and react positively in every situation.

Also you have certain things and activities to follow with your kid so that you can give a happy life to her.

Let us see the handy tips to be followed to be a Happy and Positive Parent.

Tip 1

Allow and Encourage Your Child to Raise Questions

See what happens actually. When your kid is coming to you with a question in her mind, you usually answer it happily.

She comes with the 2nd question again and you too answer it in the same way as you did before.

Then she comes with the 3rd , 4th questions repeatedly but you are answering everything as usual.

It happens with every kid naturally because kids are more curious upon the things happening around them.

They wish to know the cause of it all the time.

When you complete with an answer for her doubt, she might get a doubt from your answer itself and she starts questioning again.

But what about you as a Parent?

How will you react while she is coming to you with the 10th question, you will be overwhelmed and probably you will get tired though you feel happy about her curiosity.

When further questions arise from her, you try to convince her as you will answer later.

But don't do that. If you pause her questions like this, those questions would hide within herself and she never gets an answer for those questions at any time.



So ***encourage her doubts always and engage her with your answers.***

Also ***avoid saying to her "you should not ask this".***

Kids of this generation are not like us. They are exposed to all kinds of Gadgets like TV, Mobile, etc., and Medias through which they come across so many good and bad things.

By that, she might ask you sometimes any kind of matured questions but don't be harsh on her if she raises such questions.

Be humble and make her understand those things will be understandable to you once you attain a certain age or once you become a big girl.

Because if you say harshly you should not ask this, then she might be confused and start thinking whether this question can be asked or not and that question can be asked or not.

It stops her from raising questions again.

So don't pause or stop her from raising questions instead encourage her questions always.

Tip 2

Encourage Your Child to take Initiatives and Overcome Challenges

Whenever she comes with a new Initiative, you should encourage her and you involve yourself into that and help her to improve it.

What happens if you neglect it instead?

Naturally she might lose interest in it.

Even as an adult, when you start initiating certain things in your life, you might expect some appreciation, right?

Probably you might not keep full stop for it since you are matured enough to handle negligence and you keep going with your self motivation.



But it is not the case with kids. She needs motivation all the time until she learns to motivate herself at least. So don't neglect any of her activities though it is very small and add your value into it.

You might be busy with your own work schedule but putting your small efforts would make enormous changes into her life and she too will be happy to initiate like this further.

Tip 3

Say the Reason for Everything You Advise

Don't ever say to your kid, "[You should do this!](#)"

Let me ask you first.

Will you do it if someone says you like this to do something?

It looks awkward, right?

Then how should you say to get things done?

It should make others comfortable to do that task when you ask to do it and it should make others uncomfortable to ignore your reason.

Make others comfortable with what you say and even with what you ask.

According to Cialdini:

"A well-known principle of human behavior says that when we ask someone to do us a favor we will be more successful if we provide a reason. People simply like to have reasons for what they do."

See when you ask your kid to do something, she simply does it for the sake of you but when you ask her to do it with the reason behind it, she does it with her involvement in it.

That is the power of anything with reasons.

Also if you say something with the reason, she will not forget it at any time and she too must know the reasons, right?

She is not a machine or robot to do what you say. She should think for herself and she has to do it in her own way.

So ***Instead of saying "you should do this", you say "why should you do this?"***

And one more thing, **don't copy paste.**

There are certain things in your life like superstition which you don't get answers from your parents because they might not know the answer for it.

It is not their fault. Probably their parents taught them like that and they do the same to you now. But you should not do the same mistake to your kid.

You tell the reason for everything you advise and make it done. It will be more effective than the things without saying the reason.

Tip 4

Make Your Child to become “Independent”

You start leaving her hand at the right time so that she will practise to be independent automatically.



Yes, You must allow your kid to do her work on her own.

It makes you work on it double the times and it might be an extra burden to you initially but let it be.

As an adult, you may also take some time to do any new tasks and you do a lot of illustrations, right?

So let her also make mistakes and learn from it.

Don't be too protective and spoon feeding.

What happens if you hold her hands always?

She never learns to be independent and her individuality never comes out.

She comes behind you for everything and she will be comfortable always under your shadow.

So Let her learn to live without you and become an [Independent person](#).

Tip 5

Teach Your Child to be More “Responsible”

You start teaching her that she is responsible for her activities.

Never blame others for her mistakes and make her accept the mistakes.

Take a simple example, If your kid fell into the ground and made some wounds,

What do you usually do as a Parent?

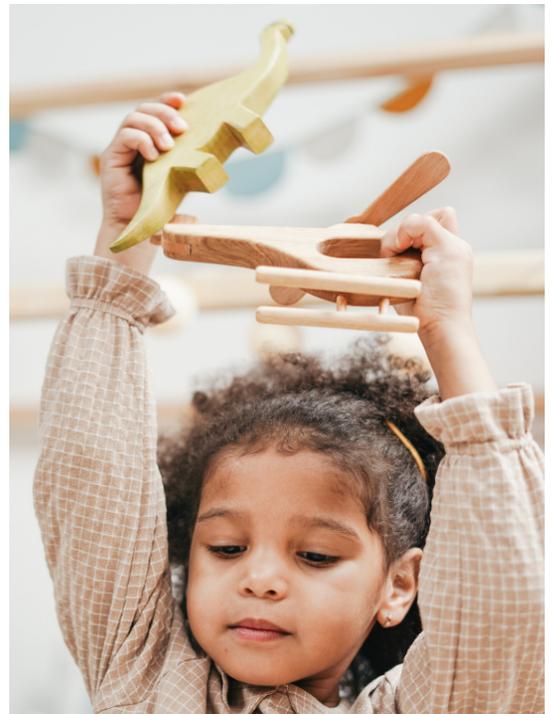
It is as simple as that. You catch her in your hand and give her a hug to convince.

But what do you do when she cries still?

You beat the ground on your hand and tell as you punished the ground for hitting her.

Do you think is that the right way to convince her?

No. You should not do this to your child instead you must tell her as she got wounded due to her carelessness.



It makes her not to complain others for her mistakes and she takes the responsibility.

Also register this with her as she needs to take care of you in the Future and her siblings as well.

It makes her become a more responsible person.

And Don't use the word at any time *"you don't need to protect us, we protect ourselves and we never depend on anyone at any time."*

These kinds of words will create a long gap between you and your kid.

So don't be an [Ego](#) in this and tell her openly *"as you are depending on us now, we would be depending on you in future when we get old."*

There is nothing wrong with it.

When you say this to her, it will get registered in her mind so that she will be more responsible to take care of you also in future and she will never leave you for any reason.

Tip 6

Remember You are the Everyday “Hero” of Your Child



Your Parents are the Hero for You. Likewise you are the Everyday Hero for your Child.

As you follow your Parents, she too will follow you only in her life and you are the only love, inspiration, guide, friend, caretaker and backbone of her.

You have to be a role model to follow with.

So what should you do to make her a good human being?

You have to change yourself as how you want your kid to be.

There is no other way except to bring the change in you because she follows you the way you are.

So never fail to do any of the above and nurture your kid with your guidance to lead her a successful life.

Tip 7

Register as You Love More than Anything and Make Proud

Say to your child frequently as you Love her more than anything in the world.

No matter what the age is. You do this and create a bond between you and your kid.

Mention her good qualities whenever required so that she could realize what she is doing is perfectly alright and she gets more confident in herself.

And say frequently as you feel proud of her about her activities and good qualities.

You yourself think about the impact when someone is complimenting you as **"I'm Proud of You"**.

Can you feel that moment? It gives you a proud feeling about yourself, right?

Likewise she too will feel proud of her and it will make a lot of changes within her.

You can realize it within a few days.

And don't use the word in front of your kid even in anger, like you are the worst, you are bad or something like that.



Always project her good qualities alone instead of saying her negative things.

You may ask me here, how can I correct her then while she is going in the wrong way?

It doesn't mean like that. Obviously you have to correct your kid whenever she goes in the wrong way and there is no option for that. If not you, then who will do that?

You as a parent have the responsibility for correcting your kid's mistakes but correcting her is different, pointing out her with her negative activity is different.

When you say something repeatedly, it will keep register in her mind and she will decide herself that these are our nature, skills, capabilities and so on. So always do register in her mind only about her good qualities, not the bad one.

Tip 8

Don't make Your Child too Sophisticated

Always create some uncomfortable situations for your kid.

Let me explain you with the story of Two Children,

"Once there was a village where all levels of people were living happily.

One small boy named Vicky, 7 year old, was living with his family in that village. They were an upper middle class family who lived a sophisticated life compared to other families in that village.

Vicky was so blessed to be a part of that family because he never wanted to demand for anything in his life since he used to get the things earlier before he came to know the need of it.

In the same village, another family who were daily waged Parents had two children, Kathir (a 7 year old boy) and Sonu (2 year old girl) lived.

They too lived happily with what they had but Kathir's parents were unable to afford the things which he was looking for sometimes.

They felt sorry for him and explained to him about the financial condition of the family as per his level of understanding. It was making Kathir disappoint sometimes but he used to it as the days passed.



Also Kathir used to always have the second option. Whenever he couldn't get what he loves, he used to convince himself to go with the other.

Years passed like this and both Vicky and Kathir were passionate about becoming a doctor. Vicky was cool enough that he could get his medical seat at any cost though he couldn't get a merit score well but the situation was not the same for Kathir so he tried to the core.

Unfortunately they both got low marks in their exams and even Kathir didn't reach that score.

Vicky's parents were ready to pay for the seat though they were not rich enough to afford a medical seat but Kathir was disappointed as usual even then he didn't lose his hope and was trying again for the next exam.

That's when the critical situation happened to Vicky's family that was a big loss in their business unfortunately and Vicky's father was about to sell his company and properties to repay the debt.

So naturally Vicky was unhappy about this and he couldn't convince himself to go with any other option in his studies. Though they tried to get money by selling the home, unfortunately it didn't help them since they had to live their life further with what they have in hand now. So Vicky was unable to get the seat but even then he didn't try further to get a merit seat in the next year.

He was constantly thinking about the failure and his disappointments and he was unable to handle this situation in the right way.

He was so depressed about this unexpected situation and it made him move in the wrong way."

When you look into the two children in this story, Kathir was able to handle the situation properly whereas Vicky was unable to do it since the lesson Kathir learned during his childhood and the uncomfortable situations he had, he was capable to do it but Vicky was not.

Everything is because of their parents and the life given by them.

By this you can understand that giving the power of handling the unexpected situation is more important than giving the sophisticated life to your kid.

And also you might come to know the importance of making the mindset of your children to react in all the situations.

Tip 9

Don't make Your Child Comfortable with the word "Yes", Make Comfortable with "No" also

Do you worry to see the disappointed face of your kid?

Then be ready to face the consequences.

Can you Tell me why?

If you say Yes for all her expectations, then how will she practise to accept the word No.

You have to say No sometimes. Don't do all the things which she expects. In her life, she is going to face a lot of No's. It might be her education, career, love or anything.



So she must have the capability to digest the disappointments and unexpected situations.

You can take the story of the previous section as an example to it. Kathir was used to the word "No" from his childhood onwards so it was not a big challenge for him to accept the situation that he was unable to get his medical seat.

So take this as a big lesson and always make your child comfortable with the word "[No](#)".

Tip 10

Stop Comparing Your Child with Other

Do you think that your kid is a kind of Product like TV, Mobile, Laptop, etc., to compare and choose the best one?

No, right? Then why are you [comparing](#) your kid with another kid?

There are some people who always have the habit of comparing the kids with their activities and behaviours like *Comparing kid with another kid and Comparing first kid with second kid*

You just don't do this in any situation.

Every child is unique and has their own talent. Each one is different in skills and capabilities.

And if you compare like this, it makes your kid feel guilty, it demotivates her and it increases her stress level.

Also it is a kind of touching self image and also is the worst thing you should never do in your Life.

So instead of doing comparisons with others, take her good qualities as an example and explain to her.

Always make her feel proud of her qualities instead of demotivating with [Comparison](#).

Conclusion

I hope that you have received some useful Tips like

How to react with the kid,

How to grow your kid,

What are all the things need to be discussed with kid,

What are all the things need to be avoided with kid,

And finally How to be a Happy Parent.

Always try to approach your kid positively so that she will also practise to be [Positive](#) always.

Make her Strong and Independent by your powerful words.

If you make a strong foundation like this for her, then you no need to [Worry](#) at all about her future.

She herself takes care of her and takes care of you also.

And if you follow all the above activities positively, then you would be the best parent for your kid and you can be a happy parent too.

Also please note what you have read in this book is only a micro level of Parenting.

You have a lot and bunch of things to learn which I will probably be covering in my upcoming books.

If you wish to have instant information and answers about Parenting, you can join in our Community "[Happy Parenting with Positive Mindset](#)"

Thank you so much for reading this book and you can share your feedback and reviews to this Email digidhivya@gmail.com. I will be looking forward to it.

If you wish to read more articles in relation with Positivity and Wellness, you can visit my blog here digidhivya.com and you can subscribe to my blog to receive all my latest posts.

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