

5 Cs OF PARENTING

The Five Cs of Parenting is a framework for parents based in love and understanding that will help your family navigate the rewarding and challenging moments that come with growing and learning, parenting and being a kid.



Self-Control

Parenting can be emotionally challenging, but remaining composed during challenging moments is essential. When you demonstrate self-control, you foster a calm and supportive environment for your family.

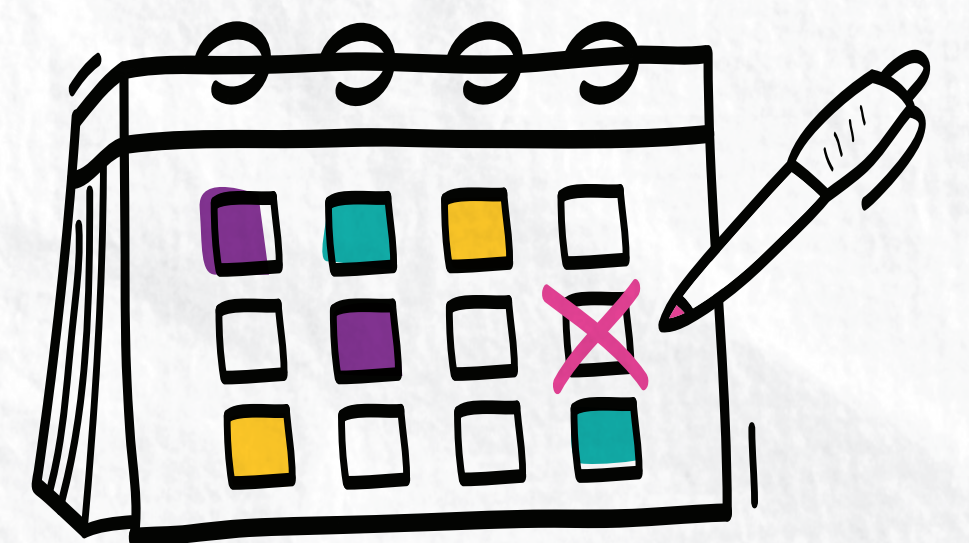


Compassion

Approach your kids' big emotions with empathy and patience. Listen actively to their concerns and needs, and help them feel safe expressing their feelings. By offering compassion and understanding, and building a sense of security and trust, you create strong bonds!

Collaboration

Collaborating allows for a unified approach, and provides your kids with consistent support across different environments. Check in regularly with their child care providers and other important adults, and share insights about their strengths and struggles.



Consistency

Kids love routines, and they thrive in environments where there are clear expectations. Establish predictable routines for daily activities, such as mealtimes and bedtime. Use visual aids like calendars and charts to help your kids understand and actively engage in their schedules.

Celebration

Celebrate every milestone, no matter how small! Praise your kids for their perseverance and hard work, their unique qualities and accomplishments. This motivates, boosts self-esteem, strengthens bonds, and creates a positive environment in which to keep going and keep growing.

