

These 5 Hacks Will Make You A More Positive Parent

Ready to be more positive in your parenting? This article is a transcription of Dr. Paul's video of the same title. You can access the video at:

https://youtu.be/W7VgT_nnryE



Hack #1

How to be more positive *as a parent* starts with being more positive! Try this little exercise: How you are doing in this moment? Usually there is a lot of noise that filters in, but notice this – most of our depression, shame, feeling inadequate, is based on some kind of *past* attachment. Most of our anxiety, fear, worry, is based on some kind of *future* attachment. Right now, everything's good!

When you think about yourself as a parent, staying *in the NOW* is very important. This allows you to be truly *present* for your children and present has two meanings to it – here, and now. Present means, “I’m here.” And present means “I’m with you now”. Things are good now. I’m not allowing the past or future to interfere with the present. Our first hack for being more positive as a parent: **Stay in the NOW, not the past or the future.**

Hack #2

Take care of yourself. You know as a parent this is hard. There is a lot going on, so you've got to take care of yourself. I gave an assignment to

one of the moms I coach to make a list of everything and everyone that she was responsible for and took care of. Her pen was smoking as she completed the first page and flipped to the next. Somewhere midway through page three, she started to slow down. She announces, “Okay, I think I’ve got it Dr. Paul,” as she hands me the list. Guess who was missing from her list! Yeah, I wasn’t surprised either. We’ve got to take care of ourselves as parents.

You are reminded of this every time you get on an airplane and the flight attendants go through their safety routine. They talk to us about where all the exits are and how to fasten a seatbelt. Then they come to the point about oxygen masks that fall from the ceiling if we lose cabin pressure. Remember the line? “Put your own mask on first and then help the person you are traveling with.” Why do they tell us to put our own mask on first? Our natural inclination is to take care of that little one. If we’re out cold in the aisle, we are just in the way, we are part of the problem. We have to put on our own mask first. What does that mean for you? What can you do to take a little better care of yourself? That’s hack number two: **Take care of yourself.**

Hack #3

Take care of the team. If you are a single parent, if you are married, wherever you are, you’ve got a team. That team first and foremost is you and that is why hack number two is to take care of yourself. Taking care of the team may mean a spouse, if you are married, or you may have a co-parent. Take care of that relationship because your unified parental team is much more powerful and effective than each working independently. What if you are single? You still have a team. Take care of that team. I’m on your team because you’re reading this article. If you’re watching the

YouTube Channel you have a whole community of people who can come together and assist. You also have people who help with child care or who provide some kind of support or service to you. It might be extended family or neighbors. Take care of your team. It really does take a village to raise a child. Let's support each other. Hack number three: **Take care of the team.**

Hack #4

Love your kids. What's your job as a parent? It's to *love them no matter what and even if*. One of the quickest ways you can be more positive right now, today, as a parent is to connect to that job. We get distracted sometimes and we think, "My job is to make sure they _____ (fill in the blank)." Make sure they are good citizens, make sure they obey, make sure they stay close to the family, make sure they follow the family values, make sure they... What an aggravating task we often get sucked right into as parents. And quite frankly, we're not very good at it! Can we really make sure they... anything? Our children are agents of themselves. They get to choose their course in life. That's a powerful gift that we will never take away from them. Our job is to *love them no matter what and even if*. Can you get behind that? There's a lot of things that you can do along those lines, but remember your job and as you remember, it will be easier to stay positive and be a more positive parent. Hack number four: **Love your kids.**

Hack #5

Discipline your kids. All the research shows that there are two things that are needed for kids to be healthy and well-adjusted. Those two things are *love* and *discipline*. You must have both. If you have love and no discipline,

your kids go goofy on you. If you have discipline but no love, well, that's the military. We want to have healthy well-adjusted kids and so we have to have effective forms of discipline. This is where most parents start to get frustrated. There are all kinds of resources available to you including some that I'm offering through The Parenting Power-up where you can learn more about discipline. Positive, effective, love-based discipline is what your kids need. Hack number five: **Discipline your kids.**

You **can** be a more positive parent today. You don't have to do all five of these hacks, just pick one that makes the most sense to you right now, in this moment, and you can start to apply it. I am so honored to be on your team. You've got this! To your positive parenting.



Dr. Paul

You can get more support and help through The Parenting Power-up. In applying this principle-based positive approach to parenting, you will be a more confident parent with the skills and knowledge to raise your children as the loving parent that you are. Connect now to this powerful audio course hosted by Dr. Paul and Vicki Jenkins.

<http://ParentingPowerUp.com>

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