

Parenting Tip #1:

Parenting is the biggest job in the world. (No pressure!!!) It can also be the best job. (I have four children and I can't imagine a more important and fulfilling job than being their "dad.") There are many factors that contribute to whether we have good parenting experiences or bad parenting experiences. Some of those factors are beyond our immediate control, like: our job situations, stress in our life due to death or illness, involvement of the other parent, etc. There are also factors within our control, such as: our attitude towards parenting and more specifically towards our children and how well we take care of ourselves physically, mentally and spiritually. I would suggest that if we want to improve our parenting experience, we start with the things that we can change. Start working on our own attitudes and on our own physical, mental, and spiritual health. As we work on our self, chances are that our parenting experiences with our children will improve. I would like to share a great resource for "down to earth" parenting tips. There is a psychologist named Dr. Ray Guarendi who has a web sight and also has a radio program. The radio program airs locally on 740 AM (Sacred Heart Radio). Programming begins at 1 p.m. Dr. Ray's websight is www.drray.com.