Introduction to

PRINCIPLES OF

Parenting

A Series of Publications
Building the Skills of Parenting

Cooperative Extension Service/The University of Georgia
College of Agricultural and Environmental Sciences/Athens
Parenting! The biggest challenge in our lives! Parenting is also one of the most important roles we'll ever have. We are helping create the future!

What is effective parenting? What skills are necessary? Research tells us that some approaches to childrearing tend to result in healthier, happier families. We can't prescribe a formula for having children grow up to be caring, responsible adults. We can identify the characteristics and practices, however, of families that nurture their members, instill the values we believe and create caring communities. These are the principles of effective parenting.

The Principles of Parenting Series

We have created the Principles of Parenting publications to help parents and other caregivers apply research-based parenting practices to their families. The following descriptions should help you decide which publications will be most useful to you.

The Challenge of Being a Parent

What qualities do you want to nurture in your children? Strong children are responsible, trustworthy and good decision-makers. Caring children can offer and accept love and respect. Learn how your guidance skills can help or harm these qualities.

Replacing Stress with Peace

For many parents today, everyday lives are fast-paced and stressful. It is difficult to offer love and support to others when you feel overwhelmed yourself! Learn how to gain control of the stressors in your life.

Building Family Strengths

Strong families exist in many different forms and circumstances, but they share at least six qualities. Learn how to cultivate these strengths in your family.
Helping Your Children Succeed at Learning

Success in school is more than earning good grades. After the family, school is the most important teacher of life’s lessons for many children. Learn how to prepare your children for positive life-long learning.

Strengthening Your Marriage

Strong families may have one, two or many adults in and around the household. Learn the qualities of healthy partnerships that often provide the foundation for strong families.

Now That We’re Divorced, How Can We Parent Together?

When a parenting partnership ends, it can be painful not only to the partners themselves but also for children, grandparents and others. Learn to cope with the pain of divorce and create a nurturing home for the new family situation.

Enjoying Each Child as an Individual

All children are alike, but they are all different, too! Effective parents recognize the special characteristics of each child and help nurture his or her talents.

Being Understanding: A Key to Developing Healthy Children

Effective parents realize that truly understanding children often means looking below the surface to see the feelings behind the behavior. Learn to guide your child by first really understanding his or her feelings.

Sending Messages of Love

Sure, we love our kids. Sometimes, however, our words and actions are not very loving. Learn skills for showing how you feel by what you say and what you do.

Building a Positive Relationship with Your Child

When your children are grown, how will they remember their parent-child relationship with you? Does it seem as if the only time you talk is to correct misbehavior? Learn how to shape your child’s behavior positively.
Meeting Children’s Needs

Children grow through stages at certain ages. Understanding normal development, as well as the unique qualities of each child, can help shape effective responses from you.

Communication: Building a Strong Bridge

Effective communication means the speaker and listener both understand the message. The words we use, the way we say them and how they are heard all affect our message. Learn to use communication skills to strengthen your parent-child relationship.

Something Better Than Punishment

Is there a difference between punishment and discipline? Learn how consequences can teach children to build responsibility and self-discipline.

Effective parenting involves skills that can be learned. We usually learn most of what we know about parenting from how we were raised. Since the world continues to change, effective parenting today differs in some ways from our parents’ approaches. The basic principles of effective parenting, as discussed in these publications, remain much the same over time. For copies of the Principles of Parenting publications or other parenting education resources, contact your local county Extension Service office.

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CHFD-E 41-14

Reprinted May, 2000

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U. S. Department of Agriculture cooperating.

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UPD 201919