



## “The 3 Major Ingredients For Successfully Raising Children”

### Ingredient #1: Love

Love is the spring board for many attributes. From love flows confidence, discipline, self-worth, emotional intelligence, self reflection, positive mindset and the list goes on. When our children are born, it is so easy to hold them and feel that warm fuzzy feeling that makes us want to provide and protect them forever! This is the feeling that we call love.

Then, they start growing up and having too much to say, typically at the wrong time. Our children start having opinions that we don't ask for and they soon begin doing things that oppose the values we've worked hard to establish. Eventually, that warm fuzzy feeling we used to experience becomes a long forgotten emotion. This is when it's important that we remember that true love is so much more than an emotional feeling. Love is a word with many definitions. When the going gets tough, love becomes a decision!

***The Merriam-Webster definition of Love is:***

***Unselfish, loyal and benevolent concern for the good of another.***

This describes love that is consistent and committed to the wellbeing of our son or daughter, regardless of the pain or hurt they may inflict. We must decide to love. **Children know when they are loved. Just like we see their faults, they see ours.** Unconditional love begets unconditional love. Love and grace always win. We must show them by example, what grace looks like. It's important that our children understand that everything we want for them, truly is for them and not for us.

Love is willing to take the action that hurts, because we know that the “right now” hurt will yield a greater good. Love keeps the BIG picture in view. Love continues to love. Forgiveness is one of love's action words. Love is persistent! LOVE

CARES enough to discipline and surprisingly to some, this discipline gives children great comfort.

As parents, we must keep our focus on the task of parenting, and not take our children's misbehavior as a personal attack. Misbehaving usually isn't about us at all, it's just the child trying to do their own thing at all cost, good or bad.

## **Ingredient #2: Stability**

Stability is all about setting boundaries. **Boundaries create a safe zone for children and the entire family.** Knowing what is and is not allowed in a household eliminates the stress and fear of the unknown. Being able to predict outcomes is important. Boundaries helps children to make emotionally intelligent decisions based on clear, pre-set expectations. Stability is provided when we are consistent with our words and actions. Our children are depending on us to keep our word, be it for reward or punishment. We cannot expect a child to be more grounded than the parent.

The foundation of a home is established on the things that we do over and over again. The parent should choose what they want to establish as principles in their home. These principles should be based on their core beliefs. Beliefs that will be uphold even when it is not the easiest thing to do.

If we are reliable and consistent, it will be easier for our children to embrace our values and make them their own. All the other foundational structures of the home fit into this framework as well. Structures like chores, budgeting, study habits, jobs, entrepreneurial regiments and all the many repetitive things we do as a family offer stability and predictability. As a result, children will maintain a deep respect for the parent and the stability provides a hedge of emotional protection for them. Stability makes life less stressful and allows children to channel more energy toward productive behaviors.

## **Ingredient #3: Adventure**

In this technology age, our children are full of restless energy. It's important that they be allowed to use that energy in constructive, productive and exciting ways. As parents, we want to keep our children engaged as much as possible with engaging activities and surprises.

**Creating an element of adventure in the home keeps them excited about coming home.** To keep a child excited about hanging out with the family, consider doing the following consistently:

- Have game nights
- Surprise mini-vacations
- Creating spontaneous fun-activities

**Never tell your child everything that’s on our mind.** Otherwise, they will soon think they’ve got you figured out. Instead, entice and allure your children by appealing to their sense of curiosity with things you know they enjoy.

The ultimate goal is to ensure our children want to be around us and that they will enjoy our company, for as long as possible. Time is our most valuable commodity. Being a good parent means, we must provide our children with quality time, not just a quantity of things. We can’t be with our children all the time, but when we are, we should ensure the time we spend with them is meaningful.

As a parent, we should know their stories, share their secrets and have private jokes that only we can laugh at, with them. This is how we as parents can be fun to our children without being weird. As we let our children grow and go, the time we’ve invested will cause them to look forward to coming home with joy, instead of dread. Given the prevalence of electronics in our homes, it’s important that our children learn to enjoy themselves without the support of digital media. By doing so, we ensure that our children have learned to critically think and problem solve in fun ways through non-digital games and challenges. This also allows us to tune into our children’s talents, interests and hobbies.

There is so little time to prepare a child for adult life and each of our children is unique and special. They are our responsibility, our investment, our opportunity to make a difference in this world and our joy, if we resolve to be good parents! If you are reading this, it’s likely that you’re serious about your responsibility as a parent, and you want to take your stewardship to another level.

That’s how I know, **“You Can Be A Good Parent!”**

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