What's Your Parenting Superpower?

MENTAL HEALTH NEWSLETTER

Superpowers Within You

Parenting can be hard and stressful. We often find ourselves being stretched beyond what we thought possible, but did you know you have natural superpowers within you?

Requiring Help with Daily Chores

If kids aren't doing the dishes, someone is doing it for them. Teaching responsibilities helps children learn contribution and independence. It fosters accountability for the household and prepares them to take initiative.

Showing Empathy

"Snow-plow" parenting is parents who micromanage to prevent failure. Although their intentions are good, this type of parenting limits their ability to develop critical coping skills. Instead, show empathy while allowing safe failures. This approach prepares kids for real-world challenges rather than shielding them.

Listening

As children develop their self-identity, parents should listen, not control. Avoid "fixing" problems for them. By listening without offering advice, kids learn to problem-solve independently, building confidence without fear of criticism or shame.

Encouragement

A Stanford University study in 2021, showed parents who encourage exploration raise kids with better emotional regulation, confidence, self-regulation, and independence.

Caregiving

Attentive parenting, especially in the first three years boosts academic success and relationship skills. Establishing early parent-child relationships result in long-term benefits.

Super Parenting Phrases

Do your conversations with your child feel stuck on repeat? Like:

Parent - *"How was school today?"*
Child - *"Fine"*

Sometimes the smallest changes can open doors to deeper conversations.

"What was a hard part of your day?"
"What made you smile today?"

Encourage your child to express feelings, not just seek approval.

"How do you feel about your decision?"

Turn reminders into questions to build independence and responsibility.

"What is your plan for _____?"

When your child asks serious questions, explore their curiosity. This approach provides a good opportunity to connect with your child.

"Why do you ask?"

Communication is a parent's superpower - level it up with these simple shifts!

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of the parents."
- Jane D. Hull

Protective Factors

Small everyday actions have been shown to make a difference with children. Parents are a key protective factor for their children and increase the likelihood for children to thrive.

Building a strong connection is vital to support children during crises. A few ideas include:

- Engage in problem-solving conversations
- Show interest in your child's passions
- Ask questions and guide children in conversation

Other protective factors include having accurate knowledge of child development and age-appropriate expectations.

Take a no-cost course at ParentGuidance.org

Take this course to understand key challenges in children, with additional courses for ages 11-14, 15-18, and 19-22

For helpful parenting resources visit: ParentGuidance.org

For works cited, view the newsletter online