

# Promoting Healthy Parent Child Relationships

## Podcast Transcript

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With parenting information coming at us from every angle, figuring out what you need to know to be a good parent can be a little overwhelming. We want to make sure we teach them everything we can and help them explore the world around them, all while teaching them to behave like little adults. As if that isn't complicated enough, people have their idea of the best way to do all of those things, and we have to decide which way is best for our children and our lifestyle.

Take a deep breath, know that you're a great parent, and you're inevitably going to make mistakes; we all do! No matter how you handle every other aspect of parenting, from feeding to child care and temper tantrums to timeouts, there is one thing you can do every day without having to crack open a single parenting book. Very simply, love your child every day. Nurture your child every chance you get, so he or she knows that you are a consistent source of love, support, and forgiveness.

Even in the moments when our patience is stretched to the max, we still love our children unconditionally, so being a person they can trust and turn to for comfort may just be the easiest task we're given as parents. If we constantly remind our children, through our words and actions, that they are loved and cared for, we give them the best chance to develop and maintain healthy habits and relationships throughout their lives.

Sure, all of the teachable moments are important, but if we can make an effort every day to make sure that our children know that we are their number one fans, we'll know we're doing something right!

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