

Positive parenting hacks



Don't focus
on mistakes
or bad
behavior.

Catch your
child doing
good things
and point
them out.



Chores at
home can help
children learn
life skills and
independence.



Chores don't
have to be a
punishment.

Take a few
minutes to talk
to your child
without phones
or screens.



Spend a
little time
connecting
each day.

Source: National Institutes of Health