

Forget the 'perfect' family

REAL WORLD FAMILIES

Though television shows may portray happy families, every family has disagreements and conflicts. Spouses and partners must work hard to maintain a healthy relationship. This can be difficult, even for happy couples. Disagreements between parents and children are also bound to happen.

Expect problems, obstacles and arguments. The solution is not to avoid these things. Rather, it's to learn how to work through them. If you have ongoing problems with your spouse or kids, talk to your doctor. They may recommend seeing a counselor or family therapist. Remember, there's nothing wrong with asking for help.



CONTROLLING YOUR KIDS

Many parents believe that what their kids do is a direct result of their parenting. This can put a heavy burden on parents. Remember that children are individuals and may do things that you've taught them not to do. This doesn't mean you've failed as a parent.

Your job is to show each child that they are loved and accepted. Help them learn ways they can succeed, teach them respect for others and help them see their place in the world. This is a huge task, and there's no "right way" that works for every child. Although you can influence and shape your children, ultimately you cannot control them.

Source: American Academy of Pediatrics