

PARENTING BETWEEN MOM AND DAD

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Parents often disagree with each other's discipline but if they are doing this in front of the kids, they need to CUT IT OUT!

Kids need structure and nurture but too often parents polarize each other. "My husband is too strict and gruff when he deals with the kids." or "My wife lets the kids walk all over her, they get away with murder." When this happens all relationships suffer and children quickly learn to play one parent off the other.

Kids can benefit from two different styles as long as basic limits are consistent and clear and the tone is kept respectful. Sit down with each other and talk about parenting at a neutral time when your kids aren't around. Talk about your concerns rather than criticizing each other. Decide as a couple (even if you are separated) on basic limits. What kind of discipline philosophy can you create together (ie: We don't hit, use put downs or resort to punitive discipline)? How can you help each other (and your child) when one of you loses your temper with the kids or gets into a power struggle?

Nurturing your couple relationship and practicing healthy communication with each other is your most important task as parents.

Together, you can create a vision of how you want to parent and when that happens you can allow for differences, support one another and maintain healthy parent child relationships.

Remember, one of the most important parts of healthy parenting is our role modeling and kids learn a lot from watching us! Talk about things together instead of stacking

I'm leaving you, Henry, because I've stored a million little hurts improperly in the jar of my soul, and the mold of your indifference has transformed these hurts into a spoiled batch of resentment.



up issues and involve your kids in some of your healthy decision making. Now come on honey, how about that hug?