

UnitedHealthcare

A UnitedHealth Group Company

Raising Great Kids

10 Tips for Parents

"Kids don't come with an instruction book"

"Parenting-the toughest job you'll ever love."

These clichés about being a parent are true. Raising children can be rewarding, but also extremely challenging. Here are 10 tips to help you bring up happy, healthy children:

- 1. Seek knowledge.** Learn about childhood development, from infancy through the teen-age years. Understanding how your child grows and learns at different ages will help guide your expectations and reactions. Sources of information include other parents, books, classes and parenting groups.
- 2. Set limits.** Children of every age feel more secure when they know what's expected of them. Gentle discipline and guidance will help your child grow into a responsible adult.
- 3. Spend time with your children.** Read, play and sing with them. Listen to them. Answer their questions. Get to know your children as unique individuals.
- 4. Expand your children's horizons.** Exposing your children to new ideas, people and places will help them grow into well-rounded adults. Encourage curiosity. Join your children in exploring new worlds through books, museums, hobbies, theater, sports or whatever sparks their interest.
- 5. Encourage your children.** Be supportive of their interests and activities. Find out what they enjoy and feed their ambitions.
- 6. Show affection.** Make sure your children know that you love them unconditionally. Repeatedly tell them and-just as importantly-show them how much you care. Love your children for who they are, not what they look like or can achieve.
- 7. Be a role model.** "Do as I say, not as I do" doesn't work. Children learn how to think and behave by watching and listening to you. Live by the values you want to instill.
- 8. Protect their health.** Make sure your children have regular preventive medical and dental checkups. Feed them nutritious food and encourage them to exercise and be active. Teach them appropriate safety measures for any situations they may face.

- 9. Take care of yourself.** You'll be a happier, better parent if you nurture your own needs in addition to your child's. Make time for yourself. And, don't be afraid to ask for help when you need it.
- 10. Savor what you have.** The years pass by quickly and soon your children will be setting off into the world on their own-as the strong, independent adults you've helped shape. Take the time to cherish your children as they grow.

Call Care24 whenever you have parenting concerns or other personal challenges.

1-888-887 -4114

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at 1-800-855-2880 and ask for 1-888-887-4114.

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