



Make Prevention a CHOICE

What's Normal About. . .Children Of All Ages

What is Parenting?

It's raising children. It's probably the most joyful job you will ever have, and the toughest. Good parenting takes time, attention, patience, and strength. But most of all, it takes love. In the past, grandparents and relatives often lived nearby and helped teach parents about raising children and were relied on to give support. Today, there are more resources available to parents than ever before, including: classes and workshops, books, and magazines as well as advice and tips from family and friends.

What is Child Development?

It's how children grow and mature physically, mentally and emotionally. Parenting skills are necessary to help meet children's physical needs: for proper rest and nutrition, exercise and safety as well as health care; emotional needs for love, self-confidence, and constructive relationships with others. Children also need guidance, order and security; intellectual needs: for stimulation, exploration and creativity. They need the opportunity to learn and to master new skills.

As a parent, you serve as a model for your child. Children learn by imitating.

- ◆ Show Love - if you show love, you teach your child to show love.
- ◆ Respect - if you respect your child, you teach your child to show respect.
- ◆ Have self-discipline - if you have self-discipline, your child will learn it as well.
- ◆ Be courteous - if you treat others courteously and fairly, so will your child.
- ◆ Listen to other people - if you listen to other people and try to help them, so will your child.
- ◆ Show resourcefulness - if you show resourcefulness, so will your child.
- ◆ Have an overall positive attitude. If you tackle problems with a positive attitude rather than a negative one, your child will learn to do the same.

All Children Can Benefit From Parents Who:

- ◆ Teach appropriate behavior.
 - Discipline with love
 - Establish rules for children to follow.
 - Make sure they understand what the rules are and why following them is important.

Be consistent in discipline. Don't allow one day what you prohibit the next.

◆ **Teach Social Skills**

Let children find out that helping others can make them feel good about themselves.

Teach the importance of having good manners, sharing, listening and respecting others' needs, opinions and differences.

◆ **Encourage Independence**

Allow your child to try new things within reasonable guidelines for their age and experience.

Provide safe opportunities for your child to explore and discover.

HELP LINES

Families Anonymous

1-800-736-9805

Parents Helpline

1-800-352-5683

Tough Love

1-800-333-1069

For further parenting information, you may contact your Air Force Family Support Center, Army Community Services Center, or Navy Flight and Family Support Center.

How to Contact Us:

Naval CBC Gulfport Center

Phone: (228) 871-2581/3000

Fax: (228) 871-3610/2384

Navy at Stennis Space Center

Phone: (228) 813-4070

Fax: (228) 688-5561

Toll Free: (800) 342-3525