

## Parenting Your Child Effectively: Set A Good Example

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Sometimes we need something right now to help us calm an emotional discussion with our children. When things are difficult, we are most likely to “lose our cool” and say or do things that we wish later we hadn’t. We need something that settles the conflict without either the child or the parent feeling put down. There are a number of guidance principles that help us discipline in stressful times.

### Guidance Principle

***Set a good example.*** Speak and act only in the ways you want your child to speak and act. Parents need to be positive role models for children. This is extremely important. Correct the following:

Bad Example	Better Example
“Shut up and get out of here.”	We are trying to talk. You may stay in the room with us and not interrupt until we are finished or you may leave the room.
“Yuck! I hate vegetables.”	
“Laura, if you bite your sister, I’ll bite you.”	
“If you don’t stop that crying, Brian, I’ll give you something to cry about!”	

### Acknowledgment

This fact sheet contains guidelines to help parents interact with their children. It was reformatted from NebGuide G1991 (Revised May 1997) written by Herbert G. Lingren, Extension Family Life Specialist.

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