

75 Simple Strategies For Raising Kids Who Thrive



As parents, we all want our children to flourish and thrive. We want them to grow up happy, healthy, and well-adjusted. But raising kids who thrive in today's fast-paced and demanding world can be challenging. In this article, we will explore 75

simple strategies that can help you raise resilient, confident, and successful children.

1. Encourage open communication

Foster an environment where your child feels comfortable expressing their thoughts and emotions. Listen actively, without judgment, and encourage them to communicate openly about their experiences, fears, and dreams.



What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive by Erica Reischer (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 731 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 239 pages



2. Teach problem-solving skills

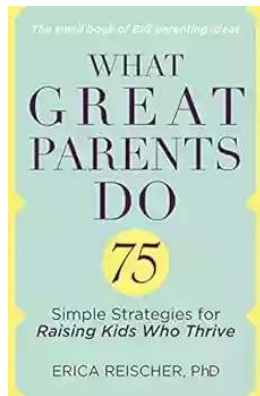
Help your child develop problem-solving abilities by encouraging them to come up with solutions to challenges they face. Guide them through the process and praise their efforts, regardless of the outcome.

3. Advocate for self-care

Teach your child the importance of taking care of themselves physically, emotionally, and mentally. Encourage activities such as exercise, relaxation techniques, and hobbies that promote well-being.

4. Set clear boundaries

Establish clear rules and boundaries in your household. Consistency is key to help children understand expectations and develop a sense of security.



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A golden rule book to parenting best practices, *What Great Parents Do* concisely presents key strategies to help parents reshape kids' challenging behaviors, create strong family bonds, and guide children toward becoming happy, kind, responsible adults.

What Great Parents Do is an everything-you-need-to-know road map for parenting that you will consult again and again. Psychologist Erica Reischer draws on research in child development and cognitive science to distill the best information about parenting today into bite-size pieces with real examples, useful tips, and tools and techniques that parents can apply right away. This book will show you how to do what great parents do so well, including:

- Great parents start with empathy
- Great parents accept their kids just as they are

- Great parents avoid power struggles
- Great parents see the goal of discipline as learning, not punishment
- Great parents know they aren't perfect

A toolbox of the most effective parenting strategies, What Great Parents Do is accessible, actionable, and easy to follow.



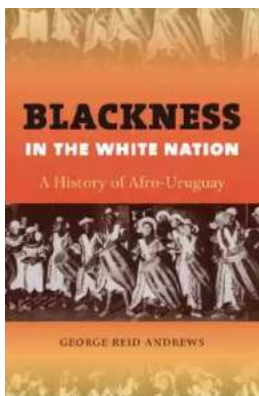
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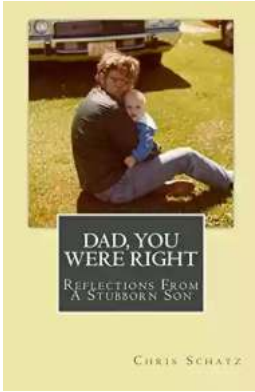
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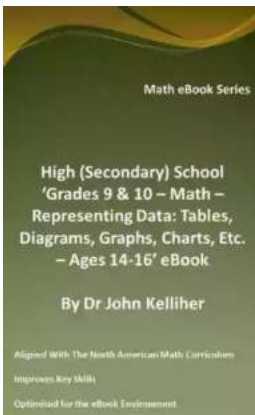
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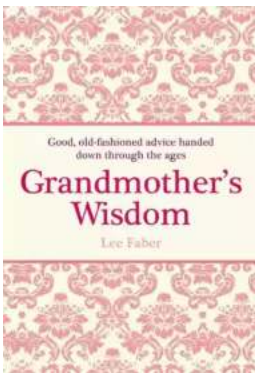
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