

# SUCCESSFUL PARENTING

"Each day of our lives we make deposits in the memory banks of our children."

## How Parenting Affects Development

WRITTEN BY PSYCHOLOGY TODAY

To parent effectively, it's not enough to simply avoid the obvious dangers like abuse, neglect, or overindulgence. Indeed, The National Academy of Sciences delineates four major responsibilities

for parents: maintaining children's health and safety, promoting their emotional well-being, instilling social skills, and preparing children intellectually. Numerous studies suggest that the best-adjusted children are reared by parents who find a way to combine warmth and sensitivity with clear behavioral expectations.

Research establishes that lack of parental engagement often leads to poor behavioral outcomes in children, in part because it encourages the young to be too reliant on peer culture. Ironically, harsh or authoritarian styles of parenting can have the same effect.

"The sign of  
*great parenting*  
is not the  
**child's behavior.**

The sign of truly  
*great parenting*  
is the  
**parent's behavior.'**

— *Andy Smithson*  
 [truparenting.net](http://truparenting.net)

Parents may find the Four C's to be a helpful acronym: care (showing acceptance and affection), consistency (maintaining a stable environment), choices (allowing the child to develop autonomy), and consequences (applying repercussions of choices, whether positive or negative).