



A parenting resolution

For many of us, life has never been so good. Yet it can also seem that life has never been more complicated, particularly as a parent. Here are a few ideas on how getting back to parenting basics can help simplify family life.

Make the most of family time

Time spent with our children is precious. It can also seem in short supply. Having fun as a family doesn't have to involve anything complicated or expensive. Quality family time could be just a walk together or sitting round the table for a relaxed family Sunday lunch.

Play together

Switch off the TV and try to cut back on busy schedules. Instead of just giving your child a toy and letting them play by themselves, go ahead and join in. Playing together is a great way to get to know your child and vice versa. Choose toys that allow your child to be creative rather than those that 'tell' them how to play.

Talk to your baby

You may think that your baby is too young to understand you. That's not the case. Simple chatter can help with a child's language and confidence. Talk about what you're doing during the day, read a book to your baby, or join in with nursery rhymes.

Establish a routine

Routine really matters. It helps your baby or young child to feel secure in their world. A good bedtime routine, for example, gives a clear signal that it's time for them to wind down before going to sleep.

Be firm and fair

Set the boundaries of behaviour and make sure you enforce any rules consistently. Clear boundaries mean that you know what you expect from your baby – and your baby knows what to expect from you.

Healthy habits

Make sure that your baby gets plenty of fresh air. A walk outdoors gives you exercise. It may also help your baby to sleep better at night. Likewise, establish healthy eating habits early on. That way, you can be sure that your child will eat a well-balanced diet later on.

Set your priorities

Making decisions isn't always easy as a parent – especially when faced with a particular challenge. Steer clear of confusion. Take time now to decide now what's important to you and your family in the future.