



HOW CAN I BE AN AUTHORITATIVE PARENT?

Authoritative parenting is high in love, warmth, support, and responsiveness while also setting firm limits and boundaries.

Give yourself a THUMBS UP, Mama, when you have conscientiously handled a situation authoritatively!

Set clear reasonable expectations and ensure your child understands them.

Allow for open conversations regarding rules and discipline while maintaining your role as the parent.



Show empathy, warmth, love, and understanding with your child.

Give your children opportunities to make choices for themselves



Allow your child to experience failure.

Help your child cope with their emotions



You got this, Mama!

www.momivate.org