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## **A Parenting Tip - The Most Important Thing A Parent Can Do By Colleen Langenfeld**

The most important parenting tip won't drain your wallet, but it is costly.

It doesn't require years of parenting education, instead it's actually quite instinctive.

The most important parenting tip is simple yet profound. You can start using it today and expect almost immediate results.

After over two decades of parenting experience, I can tell you the most important parenting tip I have discovered is simply 'being there'. 'Being there' has become my most fundamental parenting concept.

- Be there...when they're just babies and need to be cuddled for the hundredth time in a day.
- Be there...then they're toddlers and need one more book read to them, calmly, so they can settle down in bed.
- Be there...when they're preschoolers and they fall down the slide on the playground.
- Be there...when they're in elementary school and their three best friends desert them all at once.
- Be there...when they're in middle school and damage something they can't fix on their own.
- Be there...when they're teenagers and need to talk at 10 pm three nights a week.
- Be there...when they're college-aged and sometimes just need to hear mom or dad's voice because nothing's going as planned.

Just be there.

Be there physically, mentally, emotionally, financially, spiritually, and relationally.

Be there because it works.

A word of caution about this parenting tip. Your kids can tell when you're 'being there' with them or when your attention is wandering. If you need to be doing something else, then tell them and go do it. But when you are with them, be with them. The child that feels he or she is special enough to be important to at least one other human being is the child that grows up well-grounded and secure in a stable environment. (If you would like more parenting tips based on 'being there', see the resource box following this article.)

Being there is a costly strategy in a distracted world. Your kids know you and your time is valuable and it speaks volumes to them when they see you putting your own needs aside and giving them your time and self instead.

And, please, I'm not speaking about spoiling your child. Not about giving into their every demand for attention, money or time. Not at all.

I'm speaking of shouldering your responsibilities as a parent. Even when it's inconvenient. Even when you're tired. Especially when it means sacrifice.

I'm talking about doing the right thing.

That's another way to understand the most important parenting tip of all.

Colleen Langenfeld has been parenting for over 25 years and helps other moms enjoy mothering more at <http://www.paintedgold.com>. Get the parenting tip that works for you at <http://www.paintedgold.com/Kids/parenting-tip.html> .

## Intentional Parenting Requires Courage, Vision, And Accountability

By Ann Marier

Many parents may not be aware of what it takes to be an intentional parent. Of course, parenting is an ongoing process that teaches parents new things each day and leaves much more that needs to be learnt before they become a good parent. With their busy schedules, it is hard enough for them to be a good parent and intentional parenting may seem quite daunting and unattainable at first.

### Not Necessarily Perfect Parenting

Intentional parenting may not be perfect parenting; instead, it refers to a parent that has mentally determined that some action or result related to parenting need to be performed. In other words, the intentional parent is an “on purpose” parent. Parents often tend to react to their children rather than have a plan that they have prepared in advance. This is a tendency that parents readily acknowledge, but do little about.

Some reasons that contribute to intentional parenting being difficult to achieve are vision, know-how and accountability. Furthermore, the biggest obstacle to intentional parenting begins in the mind – there may not be enough time for contemplating what hangs in the balance. In other words, parents often fail to realize what can be gained and what is lost if they do not invest in their children through intentional parenting.

Lack of know-how is another challenge facing parents. Parents will often be at a loss to visualize what intentional parenting looks and feels like, and what it all about is. This means that parents' lack a plan of action and it can be compared to driving in a foreign country without a map for guidance. To get over this shortcoming, parents need to read, research, and utilize resources to get started on the road to intentional parenting. It may even necessitate changing their strategy and approach towards the child.

After developing the vision and plan of action, there is still the task of implementing the intentional parenting concept. Being accountable is a good first step in this direction because when the parent deviates from the path of intentional parenting and may be slipping, accountability will enable the parent to get back on course and escape the mistake of falling out of habit.

With all these well meaning thoughts and ideas in place, it only remains to act with energy and time which, for busy parents, seems to be always in short supply. Nevertheless, with courage one can become a good parent. Every parent should be able to muster up enough courage and take the intentional parenting path, to achieve betterment of both child and parent.

Ann Merier writes articles about family health,house and garden Topics.

<http://parentingtips.ultimatehealthinfo.com> <http://stopsmokingtip.ultimatehealthinfo.com/>  
<http://losingweight.ultimatehealthinfo.com/>

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