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New Year is here and everyone is geared up to renovate their lives. People are taking resolutions and are adopting big changes with the aim to transform their lives. Not only that, people are taking steps to introduce changes in day to day life, for example, changing their dietary routines, workout regimes, work strategies etc. But what about changes that are required in your parenting strategies? Don't you think it's time to make some fresh resolutions and introduce alterations in your parenting methods? Yes, it's the right and ripe time to do that in the fresh New Year 2012. Be reflective and think about modifications that you can make in your parenting style.

I Will Be More Patient

Every parent loses his or her patience – it's a fact of life. Let this be your goal this year, to be more calm and patient with your kids. It is true and undeniable truth of life that moms and dads do get frustrated from time to time. One thing that all must remember is that patience develops over time. Its habit, like any other habit and you need to cultivate it by focusing on it. Whenever you feel angry or frustrated with your little one, try and pacify yourself. Take deep long breaths or count till 10. Adopt this method few times and feel the frustration draining out of you with each breath.

I Will Let My Child Express Himself

Give your child all freedom to express himself or herself out. Don't restrict or put ban on this freedom. As a parent you should know what your child wants to convey or thinks about a particular subject or topic. If you will impose your thoughts on the child, it might hamper his self-confidence. Rather help your child to express himself appropriately regarding his feelings, preferences and thoughts.

I Will Adopt a Positive Approach

Parenthood is full of challenges and dealing with your child's behavior can be a demanding and emotional time for the family members. Here, you need to adopt positive approach in dealing with your child's unruly behavior. It will even pass on positive feel to your child which is necessary for his bringing up.

I Will Spend More Time with My Child

Work life can be really hectic for parents. Killer hours for working moms make it impossible for them to spend quality time with kids and sometimes this busy, hectic world reflects in the children. A good time spent by parents with children helps to develop an everlasting bond.

So, what are your Parenting Resolutions this year? Keep above points in mind and develop a better understanding with your children.

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