



BE A BETTER PARENT

In 30 Days

Introduction





This course is for you

If you desire to:

- DO better and BE better than yesterday
- Nurture stronger, healthier bonds with your kids
- Become the best "sane, happy and loving mommy" version of yourself



In a nutshell

This course entails:

- 1 Lesson per day for 30 days
- Each lesson has a simple and short task to complete
- You can repeat the course again and again if you need additional support or reminders!



What we require of you

■ Patience

■ Commitment

■ Compassion

■ Forgiveness

■ Love

■ An Open-mind



Universal Parenting Truths

1. No such thing as a perfect parent. No such thing as a perfect child either
2. There will be good days and bad days
3. Taking care of yourself is **ESSENTIAL**



Universal Parenting Truths

4. All a child needs is to feel loved, appreciated and understood. All a parent needs is support, a guilt-free break and a good night's sleep.
5. Don't burden kids with adult problems
6. Note: your kids are ALWAYS watching you



Universal Parenting Truths

7. Children learn more from HOW YOU BEHAVE than what you preach about
8. Choose your words wisely
9. Be forgiving and show unconditional love
10. Life is short. Your children won't stay young forever



In Summary

- Adapt the course to suit your child's needs if necessary
- Use your best judgement
- Be open to embracing the journey