

THE PARENTS TEN

Here are 10 competencies that predict good parenting outcomes, listed roughly in order from most to least important. The skills - all derived from published studies - were ranked based on how well they predict a strong parent-child bond and children's happiness, health and success.

- 1. LOVE & AFFECTION.** You support and accept the child, are physically affectionate, and spend quality one-one-one time together.
- 2. Stress Management.** You take steps to reduce stress for yourself and your child, practice relaxation techniques and promote positive interpretations of events.
- 3. Relationship Skills.** You maintain a healthy relationship with your spouse, significant other, or co-parent, and model effective relationship skills with other people.
- 4. Autonomy & Independence.** You treat your child with respect and encourage him or her to become self-sufficient and self-reliant.
- 5. Education & Learning.** You promote and model learning and provide educational opportunities for your child.
- 6. Life Skills.** You provide for your child, have a steady income, and plan for the future.
- 7. Behaviour Management.** You make extensive use of positive reinforcement and punish only when other methods of managing behavior have failed.
- 8. Health.** You model a healthy lifestyle and good habits, such as regular exercise and proper nutrition for your child.
- 9. Religion.** You support spiritual or religious development and participate in spiritual or religious activities.
- 10. SAFETY.** You take precautions to protect your child and maintain awareness of the child's activities and friends.