

PROVEN STRATEGIES THAT REALLY  
MAKE A DIFFERENCE AT HOME

# Parenting Gold!



Leah Corbett

EMPOWERING PARENTS



# Here's a little Parenting Gold ✨

*These are the ideas that keep rising to the top in everything I read, research, hear and experience.*

## 👣 **Be the Leader**

Kids feel safest when you're in charge. Stand firm with calm, consistent boundaries. A strong relationship makes discipline easier. If things feel out of control, look at connection first.

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## 💛 **Connection is Everything**

The most powerful gift you can give your child is your full presence. Prioritise rituals, shared fun, being phone-free, and simply being there. That's where trust grows.

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## 👁️ **See Through Their Eyes**

Your child isn't trying to be difficult - they're trying to make sense of their world. Tune in, empathise, and remember what it was like to be little. Meet their big feelings with understanding, not frustration.

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## 👐 **Compassion First**

A child who feels right, acts right. Misbehaviour is communication. Ask: "What's going on?" not "What's wrong with you?" Look deeper - maybe they need connection, rest, or reassurance.

## See the Gold

Notice and name the good stuff. Acknowledge the quiet wins and everyday efforts. No stickers needed - just a simple "I saw that. Thank you." Let them know they matter.

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## Play Matters

Kids need unstructured time to play - it's how they process, learn, and regulate. Protect their downtime. It's not wasted time, it's essential.

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## Listen

Don't rush to fix. Get curious. "Tell me more..." goes further than a lecture. When you listen with empathy, you build trust and emotional intelligence. Speak less, listen more.

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## Create Rhythm & Rituals

Kids flourish with structure. Predictable routines and family rituals create safety, ease transitions, and bring a sense of belonging. Morning hugs, weekend pancakes, bedtime chats. These small moments build a strong foundation.

*Parenting is the most meaningful (and challenging!) job in the world. If any of this resonated and you'd like more support, resources or just someone to talk it through with - please reach out. I'm here to help.*