

A Special Report
by
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23 Secrets To Successful Parenting Revealed

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I am making a wild guess here that your kids were born without a how-to manual. And even if you went to the classes on parenting you still had no concept of how small and fragile and completely dependent that precious bundle is. And if you, per chance, nursed your newborn, I bet you had no clue how hard and sharp a gum ridge feels when it latches on to suck! OUCH!

I am not sure when or why our society went from extended family to nuclear family, I believe, no, I know, everyone lost out on that deal. For us new parents we lost the calming warm hug and “Everything is fine. This is what to do when that happens “ or “ Why don’t you take a warm quiet, relaxing bath while I watch the baby” from a loving, generous and sincerely helpful parent, sister, grandparent, great grandparent, aunt, cousin--whoever was there in your cozy home.

That parent, sister, grandparent, great grandparent, aunt or cousin misses out on watching your child grow through every important step mastering new skills so fast! Just so you know, kids grow up soooooo fast. In the blink of an eye all the annoying frustrating moments are gone, probably forever!

Well, without having someone living right there, what are you to do to maintain your sanity and live a life while raising a child? My own children are adults, have been for quite some time now. So I have some first hand experience to share. Please know these points are things I learned from experience—my own, working with kids and watching others who raised great kids in happy families.

Of course all this information is according to my opinion and my truth. You have your truth. So whatever you read here mull it over, use it and if it works then keep using it. If it sounds weird or not a fit for you then maybe you want to go on to the next point.

The way I see life is when something works use it and when something fails to work stop using it. Of course you really cannot know what works until you put it into action. Reading about something is *very* different from *doing* something.

So here is my, gift to you, fellow parent of any age, *23 Secrets To Successful Parenting Revealed*.

Oh yes, one more gift... since you actually opened this gift and are reading it, I want you to have access to a recording in which author, Vickie Lewis, grilled me about *The Cornerstones of Parenting*. I will tell you how to grab your copy when you subscribe to my ezine, *Your Child's Best Teacher...Is You!*

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See you there!

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Secret #1

When you become a parent you are a parent for life. Accept that role as an honor and treat it as fact. Fighting it will make no difference. No matter how old your child is you are always the parent and he is always the child. Even a 60 year old wants his mommy when he is scared or sad or life just isn't going optimally. He also wants you to share in every glorious victory—if you created that habit during his childhood.

Secret #2

Your child sees you as the adult and may look to you as the rock in her life. She will ignore any signs of stress in you and may seem unsupportive because allowing herself to see you as less than omnipotent in any life situation may seem unbearable to her.

When you go through your own challenges let her know and ask for her support. She needs to know you are human with human needs and her love has a great positive impact on your handling your world in tough times. She does not need to do anything to solve your problem. She only needs to know you are going through a challenging time.

Secret #3

Be truthful with your child. Keeping secrets to protect your child does not work. Your child knows you well enough to know when something is amiss. By denying anything is wrong or telling an untruth you send confused messages to your child about whether you trust him. Who knows how he may misinterpret your being less than up front and honest?

Secret #4

Practice active listening with your child. Hmm, use active listening with everyone. There is a big difference between listening and hearing. And active listening takes listening a step further for it involves making sure you are hearing what your child is

meaning for you to hear and understand. A great source for information on active listening is Thomas Gordon's book *Parent Effectiveness Training*.

Secret #5

Enjoy your own life completely apart from your child. With the nuclear family taking precedent in today's world many parents, especially women, feel that every activity they do must be done as a family unit. For your own sanity and well being have your own friends, people you know from activities unrelated to your kids. You will have plenty of acquaintances from their activities.

Secret #6

Take time for yourself every day. Take a walk, meditate, exercise, read a book unrelated to childcare. Do something you enjoy every single day even if only for 30 minutes.

Everyone needs downtime to stay emotionally, physically and spiritually grounded. If need be hire a baby sitter or a mother's helper to stay with your young person. Ask a neighbor or a friend to exchange times with you.

Everyone needs a break. Your family will be glad you took the time to restore yourself! Your mood affects everyone.

Secret #7

You do not have to be super mom. When someone offers to help you with your chores, errands, watching the kids while you tend to personal matters, whatever, say "Yes!" and thank them.

So the dishes may not get done or arranged exactly the way you like in the dishwasher and the laundry may be folded differently, Heck the shirts might come out stiff like cardboard. Laugh, smile and say "Thank you."

Secret #8

Teach your kids they are part of the family and as family members they have their jobs to do. Make written plans as a family for tasks that need to be done. Post the list where they see it every day.

Give each child a say in how they participate and rotate responsibilities. Remember, the tasks may not be done as you would do them. So what. They will get done to whatever standards you set together and you will have time for other things like self-care.

The better you feel the happier you are and that means everyone is happier. You set the tone for the household.

Secret #9

Your child does what you do not what you say. Okay, she either does exactly what you do or she does the opposite. Whether or not you want to be, you are the role model. Be aware of your habits. As Mike Litman says, “Habits form futures.”

Secret #10

Celebrate all victories. If you only celebrate your child’s big accomplishments he may think nothing else matters. He may even think he is only worthwhile as a person when he does something really big and gets lots of attention.

Setting the table, straightening his room, putting away his toys—stop and think what a big deal it is when he does those tasks without being asked to do them. You are raising a responsible person. Thank him. Let him know you noticed.

Your child is precious and every little thing he does is something that has the potential to make him feel proud. Support those efforts and help create that great feeling. The whole world will thank you for raising a responsible person!

Guess what, your life will be easier too. Let’s see, what are the choices here: nag and make both you and your child angry or honor what he does. Hmm. Seems like an obvious choice.

Secret #11

You live the life you want in every moment. Take a look at your life. Are you living the life you expected to at this point?

If you keep doing what you are already doing you will continue to get what you already have. Be aware of how you live each day.

Pay attention to who you are being. Who you are being shows up in your results, i.e., the who and what of your life. If you want different who and what in your life then you gotta change something.

Start with who you want to be and everything else follows. Teach your kids that truth. To have something you have never had you must *first* be someone who does things you have never done. Be. Do. Have. Take those words to heart and above all, live them in that order. Remember, you are the role model.

Secret #12

Know that you are a very capable parent. In fact, you are a very capable person who can deal with whatever comes up in your world.

You are always presented with issues you are prepared to handle—always. You may fail to see your own strength or recognize your own creativity.

Problems always come with solutions. Those solutions may be tricky to find yet they are there. In Japan there is only one word for crisis and opportunity. When you view each challenge as a chance to grow and learn you will find the gift in the challenge.

Secret #13

Even when you lack self-confidence act as if you are confident. The more you act as if you are self-confident the sooner you will actually become self-confident.

Trust your gut. Here is how to know whether the Little Voice you hear telling you what to do in an instance is your gut speaking or that annoying Little Voice that runs your life *unless* and *until* you take charge of quieting it. Ask the voice a question. If you get an answer, indeed if you have a conversation with it, you are talking with the Little Voice. If you hear no response to your question what you “heard” was your intuition, also known as your spirit or soul, communicating with you.

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Your spirit always lets you know how to act in your highest and best interest. Your gut feeling tells you to take an alternate driving route when you have no idea why and you later learn the other route, the one you were previously planning to take—was closed do to a water main break.

Learn to tell the difference between the “voices.” You can learn how to manage that Little Voice, the one that keeps you stuck by resisting change, though it may never go away. Your intuition serves your highest good.

Secret #14

When you don't know what to do ask someone. Just because they are not living with you does not mean they are not available for advice or opinions or suggestions.

Call your mom or dad or grandparent or sister or aunt, etc. Call your friend. No question is too obvious when it comes to your child's well being. Ask someone you trust. They will be honored to assist you. And trust yourself to choose whether or not to follow their suggestions.

The thing is, once you hear someone respond to your question you may suddenly experience ideas flowing forth from within you. Afterall, those answers are already inside you. You just need assistance finding them. That is the reason I believe you gotta ask questions—to reveal your own wisdom!

Secret #15

Your child has wisdom no matter how young she is. Listen to her. Honor her being.

Secret #16

Your child is a human being rather than a human doing. Honor and respect who he is and who he wants to be. Life is not about doing or having. Life is about whom you choose to be.

Once you know that piece of information then you become that person by acting how and doing what that kind of person does. Pretty simple formula.

Oh yes, your child is not a miniature of you nor is he here to complete your Any teens at home? To grab your free e-course, *Parents, Are You Making These 6 Mistakes With Your Teen*, [click here now](http://www.saveyourchildnow.com) or visit www.saveyourchildnow.com

dreams. Your child is here to grow and become who and what he chooses. Give him the support and freedom he deserves. Period.

Secret #17

There is no such animal as a perfect parent. You will do some things just great and some things you will wish you could do over again. When you make a mistake apologize to your child just as you would to an adult. Most importantly, forgive yourself.

Again, your child does what you do not what you say. How you treat yourself sends a *loud* message to others about how to treat you and it teaches your child what is acceptable in terms of how people treat her.

If you do not treat yourself well or take care of yourself, your child may grow up like that too *or* she may take great care of herself to do the opposite of what she observed in you and the results you got.

Secret #18

Wishing and hoping are not strategies. When you want something in life write out a plan with action steps and follow your plan. That goes for raising your child too. Teach him to do the same by example. Your actions will always speak much louder than your words.

Secret #19

Ask for what you want. Most people are afraid to ask for what they want. What a wonderful gift to bestow upon your child—the knowledge that asking for things or assistance is easy and cuts out hours, days, even years of frustration and wasted energy.

Secret #20

Set out the family rules as to what is appropriate behavior in different situations and then give your child the chance to practice what you spoke about. Even a young child can attend a play or concert or eat in a fancy restaurant when he knows what is expected of him and you have prepared him for the event.

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By prepared I mean taught him, not just told him, proper table manners as well as when to be quiet and when to speak softly, etc. And be certain he is not hungry or tired when you take him places. Most tantrums happen when a child is hungry or tired.

Be prepared with food in case the food takes a long time to come in the restaurant. Have food with you. You want to be sure your child eats if he does not care for the offerings on the menu. And honor your child by taking him only to places where there is something he will eat.

Realize that children are only fussy eaters when we raise them to be that way. Feed them a variety of foods, nutritious foods, and they will always be adventurous eaters no matter where you wind up eating.

Secret #21

Let your child be a child during his young years. He has a lifetime to be a responsible adult. Encourage him to play and be loud and wild—always being safe and respectful of others.

Pleasant well-liked kids are no accident. They are happy people raised with lots of love and enough rules, fair rules they understand.

Secret #22

You can never spoil a child with too many hugs or too much love. Now that is different from over-indulgence. Meet the basic survival needs of your kid so he feels safe.

Treat him to special times and gifts—not necessarily purchased gifts. One on one time with each child is probably the most precious gift of all. Schedule it into your calendar on a regular basis. When you give your child time and attention he will not seek it through bad behavior to get himself noticed and demand your time.

Remember, people need four hugs a day to survive, eight to get by and twelve to thrive. We all need hugs, When you give a hug you get one in return. Nice, the way that works.

Secret #23

Know when your adult child wants to be an adult and when your adult child wants to be a child. Of course if you raised her knowing to ask for what she needs then you do not need to ask.

If you are not sure where she is then please ask. Guessing, AKA mind reading—just doesn't do it. Guess wrong and everyone loses.

There will be times when your child wants to be with you for the hugs and the cuddling and the home-cooked favorite dishes. During those times she wants to retreat from the adult world of being responsible and proper in every moment. So let her.

You are the parent. Aren't you happy she sees you in that light? No matter how old she is or how big a deal she may be in her professional life, she still sees you as her safety net. Wherever you are is her safe haven, a place simply to be.

Other times, when she is growing through problems, allow her to find her own opportunities to sculpt her life. You have your answers. You don't have to have hers too. You may assist her, mostly by asking her questions she has not considered that allow her to see possibilities she may have missed.

Your child needs to resolve her own issues to comprehend her own wisdom and strength--no matter how old or young she is or seems to be. Let her know how much you cherish her no matter what. And let her go find her way to her Light and her answers within.

You are a parent for life. It is not a sentence. It is an honor. Live your life and allow your child to live his.

Be part of her life when she is young and you will be part of her life when she is grown up. Honor and respect him at all times and he will honor and respect you too.

You see, this thing called life is one big learning experience for all of us. There may be many twists and turns and even obstacles along the path. The journey is easier when you experience it together.

Everything in life comes down to how you interpret what happens. The bottom line is [*It Really Is All About You And Your Point Of View*](#). To be truly happy live in that

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truth and teach it to your child.

Choose to savor adventure of life in each moment.

You can find in-depth how-to knowledge for creating parent-child relationships of mutual respect and honoring in my recently updated ebook, *17 Parenting Secrets: What Successful Parents Know*. Grab your own copy at <http://17parentingsecrets.com>

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