

## The most important parenting question of all

The most important question to continually ask yourself as you parent your child is:

“Will what I am about to do bring me closer to my child or move us further apart?”

It is this question that, from day one and right through the teen years, will allow you to build the closest bond with your child.

It is this question that will keep you grounded to act from love not from some other emotion, such as anger.

It is this question that will keep you as a parent on track and keep your relationship with your child based on respect.

It is this question that will ensure that you are using discipline with your children and not punishment.

It is this question that will guarantee that you are thinking through your actions and not just reacting - doing or saying something that later you may regret.

It is this question that will continually challenge you to look at the situation critically to see what your alternatives are.

It is this question that will allow you as a parent to grow and learn new ways of relating to your child as they grow and change.

It is this question that will encourage your children to be respectful as they are guided by the behaviours that you model.

This question which comes from William Glasser’s ‘Choice Theory’ is a wonderful reminder for you to look at how you are being with your child. After all isn’t what you want a close, loving and respectful relationship with your child? The best way to achieve such a relationship is to model these values yourself, making this question a very powerful parenting tool.

Why not write the question on a card to put on your frig so it is a reminder for you everyday to think about the impact of what you do and say?