



Understand yourself as a parent!

Be an expert in the art of parenting!





Know yourself as an
individual



Let us try to recall how we
were during our pre-teen
age!



Know your parenting style





- Authoritative
- Authoritarian
- Permissive
- Neglectful
- Helicopter





Know your
expectations from
your kid





Are your expectations
practical?





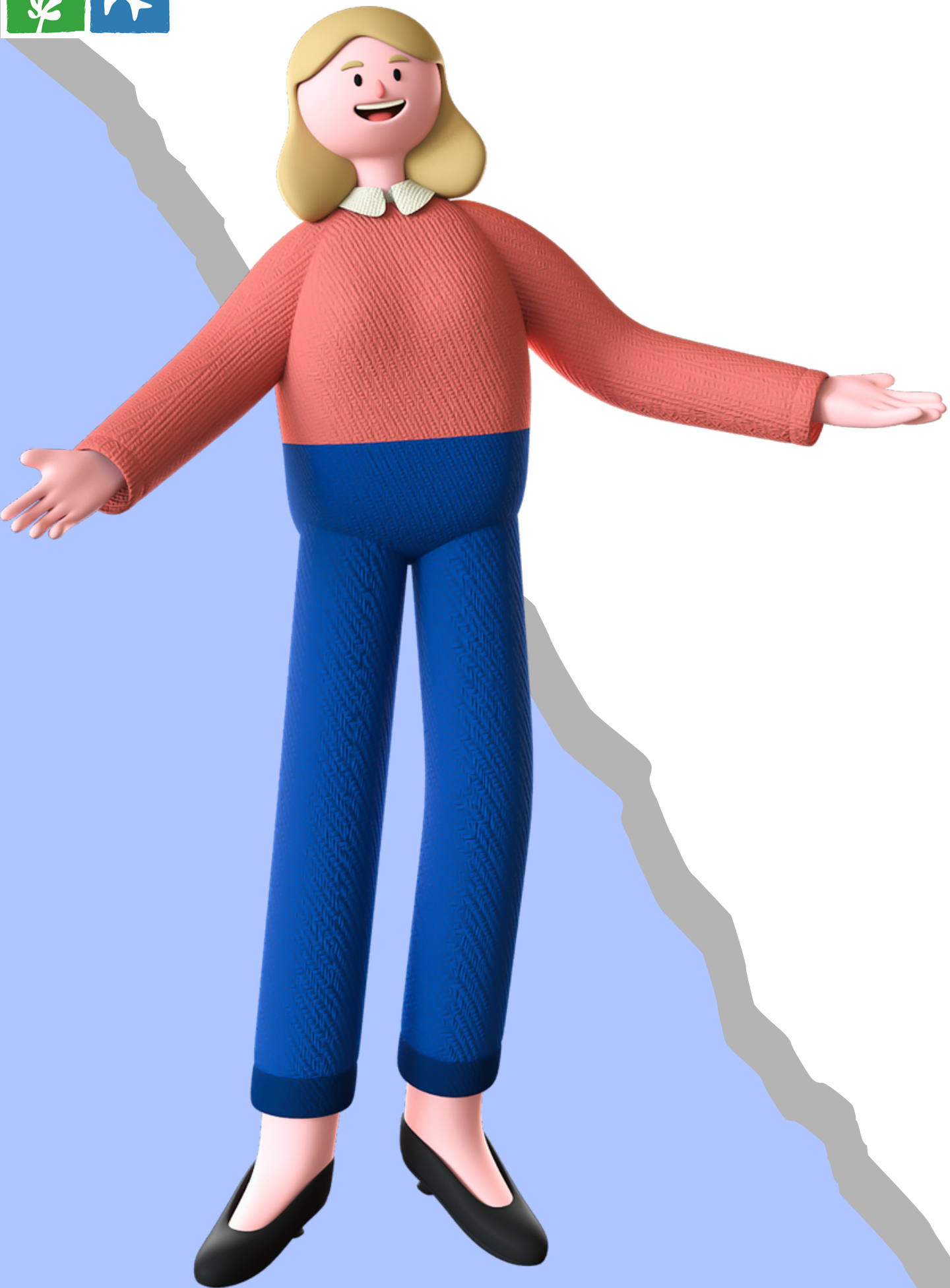
Understand your
childhood experiences and
how they shaped you as an
individual





- The way you were treated!
- The kind of family environment you had!



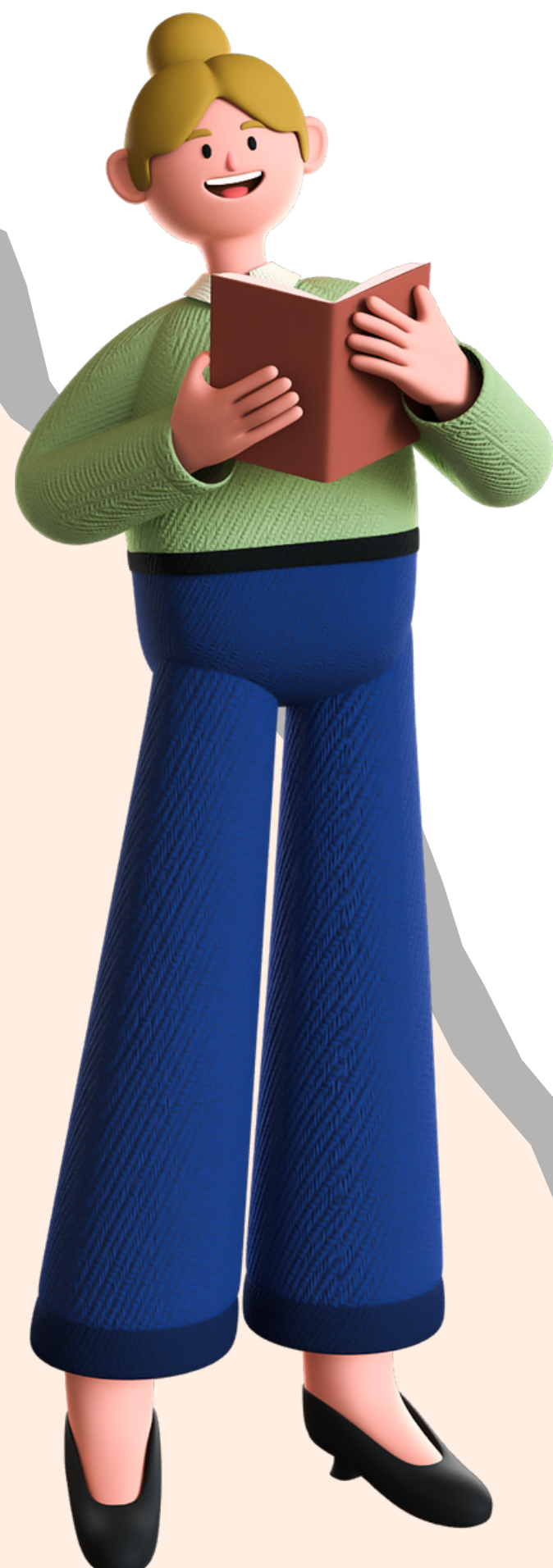


Understand your way
of communication with
others

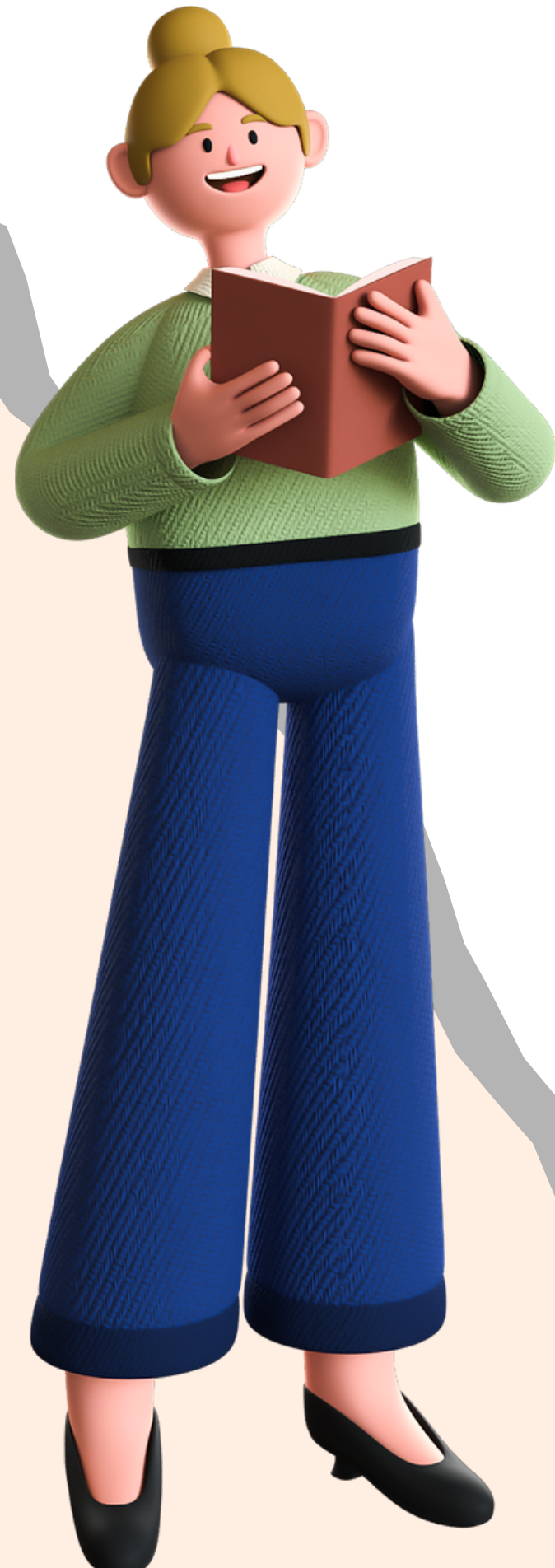


Your relationship with your spouse





The way you
communicate with
your pre-teen



Are you majorly...

- Complaining?
- Preaching?
- Pampering?
- Highlighting their negative points?
- Advising them?
- Un/knowingly comparing them?
- Pressurizing them with expectations?
- Expecting them to be perfect?



The key to harmonious relationships
is to know oneself and continuously
try to improve for the upcoming
generation!