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WEB Page — Blog

Mind Positive Parenting
by David Walsh, PhD. and Erin Walsh, MA
David Walsh, Ph.D. has emerged as one of the world’s leading authorities on children, teens, parenting, family life, and the impact of technology on children’s health and development.

http://drdavewalsh.com/
Why are family relationships important? What are the characteristics of a strong family? How to build strong family relationships? A strong family is all that you need to fight all odds in life. No matter how the day has been for you, no matter how people must have behaved with you, and no matter the problems you have been facing, the smiling face of your spouse and children help you stay balanced. But that trust and support do not come easily. Why are Family Relationships Important? A family is important because our mental growth, well-being, and stability all depend on our family. A family makes all its members feel safe and connected to one another. It provides us with the comfort of having people by our side during tough times, helping us to manage our stress. Parenting Relationships and Emotional Regulation. I believe that the most important thing I can do as a parent is to manage the level of intensity I bring to my conversation with my son. The best tools for that are cognitive and physiological. I can manage my internal physiology and feel good heart beat by heart beat, and I and my family can literally get on the same heart beat, and attend to the family heart beat. Is this HeartMath hard to learn? No. Your parenting style will affect your child's health, self-esteem, and overall well-being. Discover which style leads to the best outcomes for kids. Authoritative Parenting. Do any of these statements sound like you? You put a lot of effort into creating and maintaining a positive relationship with your child. You explain the reasons behind your rules. You enforce rules and give consequences, but take your child's feelings into consideration.