

[Having trouble viewing this email? View it as a web page.](#)



Know! How Your Parenting Skills Rate

Have you ever wondered how you rate as a parent?

Just about everyone with children will at some point question their parenting skills. It's only natural, but exactly how does one determine good parenting?

According to research psychologist Dr. Robert Epstein, there are 10 specific skills shown to be the most effective in good parenting and raising happier, healthier, more successful children.

Published in the [Scientific American Mind](#) magazine, "The Parents' Ten" is listed in order from the most to least important skill areas in predicting positive child-rearing outcomes.

1. **Love and affection:** You support and accept the child, are physically affectionate and spend quality one-on-one time together.
2. **Stress management:** You take steps to reduce stress for yourself and your child, practice relaxation techniques and promote positive interpretations of events.
3. **Relationship skills:** You maintain a healthy relationship with your spouse, significant other, or co-parent, and model effective relationship skills with others.
4. **Autonomy and independence:** You treat your child with respect and encourage him or her to become self-sufficient and self-reliant.
5. **Education and learning:** You promote and model learning and provide educational opportunities for your child.

6. **Life skills:** You manage your money responsibly, have a steady income, provide all household necessities for your child consistently, and plan for the future.
7. **Behavior management:** You make extensive use of positive reinforcement and punish only when other methods of managing behavior have failed.
8. **Health:** You model a healthy lifestyle and good habits, such as regular exercise and proper nutrition.
9. **Religion:** You support spiritual or religious development and participate in spiritual or religious activities.
10. **Safety:** You take precautions to protect your child and maintain awareness of your child's activities and friends.

Source

[Robert Epstein, Scientific American Mind: What Makes a Good Parent. Dec. 2010.](#)

About Know! Parent Tips

Everyone has a role in prevention. By reading and sharing this Know! Parent Tip today, you're doing your part to prevent substance misuse and create a healthier world for all.

We created these free parent tips to empower parents like you. Know! helps you promote health and wellness and protect the young person in your life from unhealthy behaviors, including alcohol, tobacco, and other drug use. However, we rely on donations from people like you to provide these tips. If you found this tip interesting or helpful, **[please consider donating at \[preventionactionalliance.org/donate\]\(http://preventionactionalliance.org/donate\)](#)**.

Prevention
Action Alliance

Know! Parent Tips are provided by Prevention Action Alliance with support from the Ohio Department of Mental Health & Addiction Services, the Ohio Department of Education, and Start Talking!.

[Know! Parent Tips are also available in Spanish at the Know! archives.](#)

Start Talking! 
Building a Drug-Free Future

Ohio | Department
of Education



Sign up for Know! Parent Tips

Prevention
Action Alliance