

THE INTERNATIONAL
BESTSELLING SERIES

THE RULES OF PARENTING

RICHARD TEMPLAR

THE
RULES
OF
PARENTING

Rules of Parenting, The: A Personal Code for Bringing Up Happy, Confident Children

Table of Contents

Front Cover

Half Title

Title Page

Copyright Page

Contents

Introduction

How to use the Rules

Rules for staying sane

1 Relax

2 No one is perfect

3 Be content

4 Know what you're good at

5 Almost any rule can be broken occasionally

6 Don't try to do everything

7 You don't have to follow every piece of advice you
get (including this one)

8 It's normal to want to escape

Table of Contents

- 9 You're allowed to hide from your kids
- 10 Parents are people too
- 11 Don't ignore your relationship with your partner

Attitude Rules

- 12 Love is not enough
- 13 Every recipe needs different ingredients
- 14 Anything extreme is almost certainly wrong
- 15 Look pleased to see them
- 16 Treat your child with respect
- 17 Enjoy their company
- 18 It's not about you - it's about them
- 19 Being tidy isn't as important as you think
- 20 Good parenting is calculated risk taking
- 21 Keep your worries to yourself
- 22 See things from their point of view
- 23 Parenting is not a competitive sport
- 24 Never emotionally blackmail them

Everyday Rules

- 25 Let them get on with it
- 26 Let them go (wild)
- 27 Teach them to think for themselves
- 28 Use praise wisely
- 29 Make sure they know what's important
- 30 Show them how to lose

Table of Contents

- 31 Don't be proud
- 32 Know the value of boundaries
- 33 Bribery doesn't have to be bad
- 34 Moods are catching
- 35 You're setting their eating patterns for life
- 36 Communicate
- 37 Set clear targets
- 38 Don't be a nag

Discipline Rules

- 39 Present a united front
- 40 Carrots beat sticks
- 41 Be consistent
- 42 Lighten up
- 43 Focus on the problem, not the person
- 44 Don't paint yourself into a corner
- 45 If you lose your temper, you're the loser
- 46 Apologise if you get it wrong
- 47 Let them back in
- 48 The right of expression

Personality Rules

- 49 Find what incentives work for your child
- 50 Every child should have something they know
they're good at
- 51 Learn to appreciate the qualities that remind you of

Table of Contents

someone else

52 Look for the similarities between you

53 Find qualities to admire in them

54 Let them be better than you

55 Their attitude is as important as their achievements

56 Keep your fears and insecurities to yourself

57 Mind your programming

58 Don't try to have a perfect child

Sibling Rules

59 Give them each other

60 Recognise that squabbling is healthy (within reason)

61 Teach them to sort out their own arguments

62 Work as a team

63 Let them entertain each other

64 Never compare children with each other

65 Different children need different rules

66 Don't have a favourite

67 Mix and match

68 Find each child's strengths

School Rules

69 Schooling isn't the same as education

70 School comes as a package

71 Fight your child's corner

72 Bullying is always serious

Table of Contents

- 73 Teach them to stand up for themselves
- 74 Put up with friends of theirs you don't like
- 75 Remember you're their parent, not their teacher
- 76 Don't mollycoddle them
- 77 Let up the pressure
- 78 They have to live with their choices (and it's OK)

Teenage Rules

- 79 Don't panic
- 80 Remember Newton's Third Law
- 81 Give them a voice
- 82 Don't look under the mattress
- 83 Running round after them doesn't help anybody
- 84 Don't stand in front of a speeding train
- 85 Yelling isn't the answer
- 86 Let them have the last word
- 87 Everything comes with strings
- 88 Show some respect for the things they care
about
- 89 Adopt a healthy attitude to sex

Crisis Rules

- 90 Don't use your kids as ammunition
- 91 Let them cope in their own way
- 92 Being younger doesn't necessarily speed
everything up

Table of Contents

- 93 The aftershock can last forever
- 94 Tell them what's going on
- 95 Teach them to fail successfully
- 96 It's better to agree than to be right
- 97 All of your actions speak louder than any of your words
- 98 Make sure they know they're priority no. 1
- 99 You can't fix everything

Grown-up Rules

- 100 Back off
- 101 Wait until they ask for advice
- 102 Treat them as adults
- 103 Don't try to be their best friend
- 104 Encourage them regardless
- 105 You can't choose who your children love
- 106 Leave the strings off
- 107 Don't guilt-trip them
- 108 Remember they still need you
- 109 It's not your fault
- 110 Once a parent, always a parent

Rules about your parents

- 1 Don't put them on a pedestal
- 2 Let them be grandparents
- 3 Don't ask too much of them

Table of Contents

4 Don't guilt-trip them - even by mistake

5 Learn to share

6 They're new to this too

7 Understand that they don't come from the same
place as you

8 Any grandparent is better than no grandparent

9 Don't bad-mouth them in front of the kids

10 They love you just like you love your kids

Had enough yet . . . ?

Back Cover