



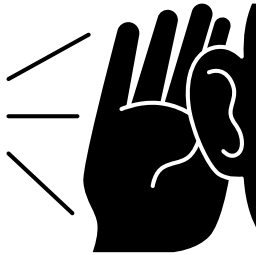
## INSTITUTE FOR EXCEPTIONAL CHILDREN

Nurturing Minds, Building Lives  
REGN. NO. BOM 278/79 GBBSD

# EFFECTIVE PARENTING STRATEGIES



Set consistent  
limits



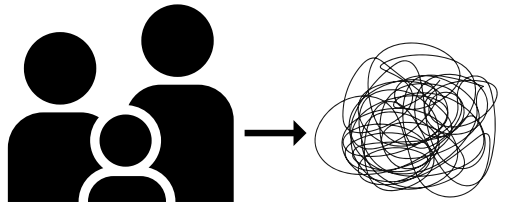
Listen first



Use calm  
tone



Express kindness  
through actions



Communicate and find  
solutions for everyday concerns

In love's embrace, we strive each day,  
Guiding our child along life's way.  
With care and patience, we'll find the key,  
Renewing our bond, a life of beauty we'll see.



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## **SELF & FAMILY CARE FOR PARENTS**



Prioritize  
adequate rest,  
sleep & exercise



Schedule  
'me time'



Schedule  
'couple time'



Surround  
yourself with  
friends



Have happy dinner  
conversations

**Reach out to know more:**

Institute for Exceptional Children

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