



CENTRE COUNTY PREVENTION COALITION
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August 11, 2010 – The Single Best Parenting Tip?

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As I was reading a magazine at breakfast this morning, I came across a full page ad for the Fresh Air Fund – showing two kids playing in the ocean surf. The words across the top of the page spoke to me – perhaps because I'm being extra sentimental around my upcoming 50th birthday.

The only thing more fleeting that summer is...childhood.

Hmmm, how true I thought. How precious those moments. Both mine. And my children's.

Then, on the car radio this morning, the DJs were encouraging listeners to submit their best parenting advice for the show's producer – who is about to be a first-time dad.

They read their favorite tip from one listener, Gail, who posted this on their blog site:

If I had only one point to get across on parenting it would be to never rush through your child's life. We have a tendency to think are they ever going to hold their bottle, are they ever going to walk, are they ever going to talk or feed themselves or get potty trained. Life with your child is so short, enjoy every minute of it that you can. Make up your mind that it's okay if your child is not on the same schedule as everyone else's and love that child through every milestone. Make time to play. You can't get back time.

Wow! Now that just may be the best parenting tip this parenting coach and proud papa has heard in a long time. And completely consistent with my upcoming Timechoicing Family Wellness Programs this fall. It is SO important to remain as awake and mindful as possible, to appreciate the gifts of childhood given to us – even the ugly, struggling ones that have much to teach us.

So, how about you? If you had one idea, one key bit of advice to give a parent today, what would it be?

And may you continue to enjoy the fleeting moments of summer, and childhood, that are given to you each day.

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