

### **E-Blast: Healthy Parenting**

Healthy parenting refers to a way of educating based on respect for children and adolescents as subjects of rights, recognizing that they have the same fundamental rights as adults. This type of parenting seeks to promote their physical, emotional and social development within a safe, affective and respectful environment.

Here are some recommendations to encourage healthy parenting:

1. **Know, protect and dialogue:** It is the basis of respectful parenting. Active listening and dialogue strengthen trust and family communication.
2. **Showing affection and emotional support:** Expressing affection, offering hugs, validating emotions and being available to listen, are powerful actions that promote emotional well-being.
3. **Establish clear rules and limits with respect:** Positive motherhood and fatherhood does not mean allowing children to do everything they want, but establishing clear and coherent limits, explaining the reasons and maintaining a firm but kind attitude. This gives them structure and security.
4. **Resolve conflicts without violence:** Instead of yelling or punishing, strategies such as dialogue, reparation of damage, time to calm down and logical consequences can be used, thus promoting learning and self-regulation.

#### **Reference:**

<https://www.educo.org/blog/parentalidad-positiva>