

How To Make Parenting Awesome

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Parenting isn't quite predictable, easy or always fun but it can be an amazing journey. Here are 10 things you can do everyday to make parenting awesome:

Accept imperfection: Parenting is a huge opportunity to accept that everyone makes mistakes and that these mistakes are a chance to learn together, a wonderful time for reflection and an opportunity to problem solve and practice acceptance, forgiveness and compassion.

Smile: It's contagious and brings happiness to the world. After spending time apart, when you meet again, greet your child with a smile. When things are going not so great, breathe and try to think of something that makes you smile. It's simple and yet so powerful.

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