

# 13 Benefits of Flexible Parenting

When we show our kids **unconditional love** and **encouragement**, they learn...  
that they are **lovable** and **capable**.

When we allow our kids to **disagree** with us, they learn that...  
their **opinions matter** and that we **value independent thinking**.

When we make our **expectations clear**, they learn that...  
we **care about them** and expect them to **do their best**.

When we allow **natural** and **reasonable consequences**, they learn for themselves...  
**not to repeat** poor choices.

When we **approach mistakes** as **problems to be solved**, they learn that...  
it's **okay to make mistakes** and that it's important to try to **make things better**.

When we **problem solve with** our kids, they eventually learn...  
how to solve problems **for themselves**.

When we **respect** our children's **feelings**, they learn that...  
their feelings and instincts are **valuable tools** to help **guide them** through life.

When we **teach** our children instead of trying to control them, they feel...  
**empowered** instead of helpless or resentful.

When we **find compromises** with our kids, they learn to be...  
**flexible with others** and themselves.

When we allow our kids **second chances**, they learn that...  
**we believe** in their ability to **change** and **make good choices**.

When we encourage and model **cooperation**, they learn...  
the **value** and **power of cooperating** with others.

When we teach them **how to think** instead of what to think, they learn to...  
**problem solve** and **make good decisions**.

When we are **firm but flexible**, they learn...  
to be **self-disciplined** and to **respect and value themselves**.

One Time Through