



Five Common Parenting Misconceptions

With positive
action steps
to overcome them

Misconception 1:

If my child is upset
I must be doing
something wrong

A background image of a sunset over the ocean. The sky is a mix of light blue and orange, with the sun low on the horizon. The water in the foreground is dark blue with gentle ripples.

Misconception 2:

Saying “yes”

**keeps my child happy
and reduces conflict**

A background image of a sunset over the ocean. The sky is a mix of light blue, white, and orange, with soft clouds. The ocean is visible in the foreground, with gentle waves. The text is overlaid in a dark blue, serif font.

Misconception 3:

**My role as a parent
is to solve
my kids problems**

Misconception 4:

**If I love my child enough,
everything will work out**

A serene sunset over the ocean with text overlay. The sky is a mix of light blue and soft orange, with the sun low on the horizon. The water is dark blue with gentle ripples. The text is centered and reads:

Misconception 5:

**Being a good parent,
means overseeing
my children**

A serene sunset over the ocean. The sky is a mix of light blue, white, and orange, with soft clouds. The water is a deep blue with gentle ripples. The text is centered and reads:

Action Step 1:

**Stay calm
when they
are emotional**

A serene sunset over the ocean. The sky is a mix of soft pinks, oranges, and blues, with a few wispy clouds. The water in the foreground is dark blue with gentle ripples. The text is centered and reads:

Action Step 2:

**Practice
a firm,
gentle “no”**

A serene sunset over the ocean. The sky is a mix of soft pinks, oranges, and blues, with the sun low on the horizon. The water is calm with gentle ripples. The text is centered and reads:

Action Step 3:

**Stay back
when they are
struggling**

A serene sunset over the ocean. The sky transitions from a deep blue at the top to a bright, hazy orange and yellow near the horizon. The water below is dark blue with gentle ripples. The text is centered in a dark, serif font.

Action Step 4:

**Pair love with
leadership**

A serene sunset over the ocean. The sky is a mix of soft pinks, oranges, and blues, with a few wispy clouds. The water is calm with gentle ripples. The text is centered in a dark, serif font.

Action Step 5:

**Give your child
small choices**



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