



Dear Parents...






How do you teach your children to  
control their feelings?

# These methods that you often use...

- Fear
- Intimidation
- Guilt
- Violence
- Punishments





...will not benefit them or you  
in any way.  
Your children will suffer the  
consequences.  
And so will you.

C'est une question de respect,  
de dignité, et d'honneur...

There can be no  
keener revelation  
of a society's soul  
than the way in  
which it treats  
its children.

— Nelson Mandela



Dégg nga?  
Aw ye sabali, doussou kassi magni

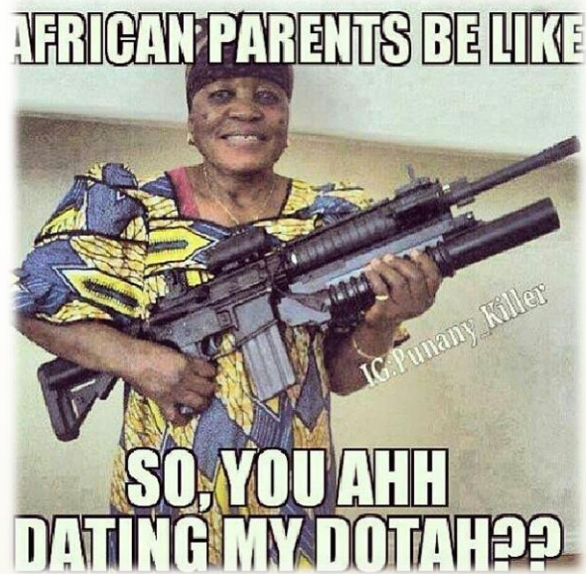
# Abeg! Use these methods instead:

- ▶ Connect with your children
- ▶ Be nurturing, understanding, and empathetic
- ▶ Accept that they're people and not just your kids
- ▶ Don't dismiss them or their feelings, even when inconvenient
- ▶ Guide them and their behavior
- ▶ Resist urge to punish but if necessary, no cruel or unusual punishments
- ▶ Be patient with them
- ▶ Lead by example



This will help you have a better relationship, and help them regulate their emotions better.

Now that their mental health is taken care of, how do you protect them?



Chineke!!!