

# Effective Parenting

## 7 habits for highly effective parents

By Johan Verster – Husband, Pastor, Father of 4 young children

- 1 Effective parents are physically and emotionally present**  
There is no amount of toys, or video games, friends or babysitters that can replace the parent-shaped-void in a child's heart.
- 2 Effective parents know and speak their children's love languages**  
The 5 Love Languages are quality time, physical touch, words, gifts, acts of service
- 3 Effective parents discipline their children**  
The word "discipline" and the word "disciple" (which means "to be a student", or "a learner") are part of the same semantic family. To teach your child for everyday life
- 4 Effective parents instill healthy family rhythms**  
Set the pace and create those spaces where the family can enjoy the things that truly matter. Children need structure in their lives

**5 Effective parents know when to say NO**  
You can't always get what you want

**6 Effective parents know when to say Sorry**  
Effective parents are not the perfect parents

**7 Effective parents keep their marriage strong**  
There is a strong correlation between a healthy marriage and a healthy child

There is no parent so wealthy as the parent who has that which money can't buy – namely happy, contented and well-grounded children who love, and are loved by their parents



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