

**FOR IMMEDIATE PRESS RELEASE:**

**March is Parenting Awareness Month**

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Parenting is for a lifetime and in honor of this commitment the State of Michigan has designated March as Parenting Awareness Month. During this very special month, people who raise children will be celebrated and the importance of effective parenting in nurturing children to become healthy, caring and contributing citizens will be the focus.

Effective parenting is not easy. In fact some people think that parenting “is the hardest job on earth”. With patience, care, love, a good sense of humor, and good parenting, however, much can be accomplished. And what exactly does good parenting include?

**Good Parenting Includes:**

- Showing children love, concern and respect at all times.
- Giving children a safe place to live and play.
- Helping children express their feelings appropriately, and listening to what they say.
- Giving children appropriate choices whenever possible.
- Having reasonable rules that are understood by all.
- Being responsible and teaching children to be responsible.
- Spending time with children.
- Setting an example by what we say and do.
- Working with our schools and communities to make them better for children.
- Asking for help when we need it.

Remember, parenting *is* for a lifetime and the investment you make in your children today, will reap great rewards for *everyone* in the future. So make sure you not only make March the focus of good parenting, make good parenting the focus of your life *everyday!*

For more information about parenting support services in Branch County, please contact Success by Six, at 279-0066, in Hillsdale County, the Healthy Beginnings Program at 517-437-7395 and in St. Joseph County, the Healthy Families Program at 269-273-2161.