

Parenting styles provide a predictor of children's well being. Both parental responsiveness and demands are important components of good parenting. Authoritative parenting which balances clear high parental demands with emotional responsiveness and recognition of child's autonomy is one of the most consistent family predictor of competence from early childhood through adolescence. In addition, successful parenting involves observing seven Cs that include:

- I. *Consistency*- This is the ability to maintain a particular standard or to be able to repeat a particular task with minimal variation. Consistency brings a sense of predictability to a child's life. If left the child knows what to expect.
- II. *Confidence*- Confidence is a belief in ones own ability/abilities it is also an attribute that can determine whether or not a parent is in charge or if it's the child that has the upper hand. Confidence is power, children will respond more positively to a parent who shows confidence than to a parent who seems uncertain.
- III. *Communication*-Is the exchange of information between two people parents must communicate with their children. When parents put up walls around themselves and do not allow their children to discuss certain matters with them, these children might decide to seek answers elsewhere. This can be dangerous as the children may obtain wrong information.
- IV. *Common sense*- Is the ability to make rational decisions and use good judgments. It is difficulty to learn common sense. People either have it on don't. Parents need to be logical when making decisions.
- V. *Composure*- Having a calm and steady control over one's emotions. Out of control parents may use discipline practices that are not appropriate. Some parents for example burns children as way of "disciplining" them.
- VI. *Contentedness*- Being linked and joined firmly together parents should form a bond with their children. Healthy bonds lead to a sense of mutual respect which leads to happier parents and children.
- VII. *Consequences*- Consequences are essentially the results of our actions or behaviour. They can be negative or positive. Effective consequences are the root of effective discipline and can alternately shape a child's future behaviour. For example, giving a child what he wants so that he can stop throwing tantrums results in a positive consequence for throwing a tantrum. A parent that does this is not using effective consequences. We can expect that, the child will throw another tantrum next time he wants something.

Family Meetings

Family meetings are time set aside to promote meaningful communication and to provide for family discussion, decision making, problem solving, encouragement and cooperation. Family meetings can be structured and rather formal or flexible and informal. At family meetings, everyone has a part and something to contribute. No one is less important than another, and family members contribute according to their age and ability.

Benefits of Family Meetings

All families can benefit from family meetings whether they are stepfamilies, dual-career, single-parent, intergenerational or traditional. Family meetings are an excellent way to practice problem-solving skills, promote communication and build family unity. When a particular plan is discussed and mutually agreed on in a family meeting, everyone, even the youngest child, feels a sense of "ownership" and thus is more likely to go along with the plan. Also, children are able to see their family working together as a group. They experience feeling stronger and smarter in a group.