

Living Today, Preparing for Tomorrow

We prepare for so many things, why not prepare for parenting, one of life's most important tasks?

Successful outcomes depend on proper planning and preparation.

Having a plan is one of the best ways to stay positive.

What is your plan?

If your plan for parenting depends primarily on what you observed from your parents, it will be lacking because the demands on today's parents are greater than at any time in recent history.

We may feel so pressured by the demands of today that we're just glad to see the day end, never mind being concerned about tomorrow.

Today and tomorrow are closely linked. The decisions that are made today will impact tomorrow.

As parents we can do things today that are not only effective for today, but also will prepare us for tomorrow.

On the other hand, things can be done today that will guarantee tomorrow will be even more difficult.

If you're doing the best thing, in the best way, in the best place at the best time, you will be living today in such a way that you will be preparing for tomorrow. More on this subject can be found in the section on Distinctive Parenting in the Family Resource Library.

Take advantage of this opportunity now to make today and tomorrow better for you and your family by becoming a member of Growing Better Families.

Lowell E. Becker, M.D.

Child and Family Psychiatrist

If you would like access to all the additional content members enjoy, take a moment to register here.