



7 Principles of Parent-Centric Parenting

- 1. Connection matters more than perfection**
- 2. Behavior is an SOS, not an attack**
- 3. The better you do, the better your child does**
- 4. Families are dynamic systems where all members affect each other**
- 5. Your child wants to please you**
- 6. Small changes lead to big results**
- 7. What you focus on increases**