    December 5, 2024

    Get support if you need it. Life with children is a rollercoaster ride. [Understanding](https://www.psychologytoday.com/us/basics/empathy) that there will be negative aspects to child rearing and getting some professional advice when necessary will help you maintain your sanity and enjoy the experience.

    December 12, 2024

    Children need positive attention. If they do not receive positive attention from family, they may choose to seek out negative attention.  This is because negative attention is still attention, and any attention is better than being ignored.  Remember to communicate with your child. [Love](https://www.psychologytoday.com/us/basics/relationships) and care are the greatest healers.

    December18, 2024

    Monitor your child’s use of the Internet. The stuff kids can access in cyberspace can be dangerous. Get a program that will let you see the web sites they visit and monitor their chats.