

Roger Cardona of Santa Rosa Offers Parenting Tips

Roger Cardona of Santa Rosa knows nothing can fully prepare you to become a parent, but has some tips that can help.

SANTA ROSA, CA, UNITED STATES, August 7, 2014 /EINPresswire.com/ -- [Roger Cardona of Santa Rosa](#) and his wife are the proud parents of three young children, who range in ages from one to eight years old. Before he ever had children of his own, Roger Cardona of Santa Rosa used to hear how difficult it can be to raise kids in today's world, and how nothing can fully prepare you for the challenge. Now that he's got his own, he says he can fully corroborate that.

But [Roger Cardona of Santa Rosa](#) and his wife have made themselves students of child rearing, and would like to share some of the things that they have learned about parenting.

One of the most important things, says [Roger Cardona of Santa Rosa](#), is to get involved in your child's life. His eight year old son Micah is a sports enthusiast, and is especially fond of playing soccer and baseball. He is good enough to have been named to his league's All Star teams in both sports. In this, Roger Cardona of Santa Rosa is lucky: he's a big sports fan himself, and played baseball on his high school team, so getting involved in with Micah's team was both easy and fun for him.

Another really important thing to do, says Roger Cardona of Santa Rosa, is to be playful with your children. Find your own inner child, and let him come out to play. Joking with your kids helps set them up for social success, he says, and to back that up he cites some research that was presented at the Economic and Social Research Councils' Festival of Social Science in 2011. When parents joke and pretend, it gives young kids the tools to think creatively, make friends, and manage stress. It also helps your kids see you as less an authoritarian figure, and more as a person. So feel free to play court jester now and again. Your kids will thank you later.

Roger Cardona of Santa Rosa says that it's never too soon to begin nurturing your child's self-esteem. HE has learned that kids start developing their sense of self as babies, when they see themselves through their parents' eyes. Your tone of voice, your body language, and every expression that you make is absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Roger Cardona of Santa Rosa has learned that praising your child's accomplishments, no matter

how small, will make them feel proud; letting kids do things independently will make them feel capable and strong. Roger Cardona of Santa Rosa still remembers praising Micah when the child scored some of his first soccer goals, and how pleased and happy it made the boy.

Above all else, says Roger Cardona of Santa Rosa, make sure your children knows that you love them, even if you don't always like their behavior. Every day —at bathtime or bedtime, or maybe when you're walking home from childcare — set aside time to have fun together. Give him your undivided attention, let him choose the activity, and make sure he knows you like playing with him. These positive moments nourish his self-esteem and point the way to more positive moments.

About: Roger Cardona of Santa Rosa offers parenting tips for new parents.

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