

# Six Stages of Parenting

---

## 1 Nurturing: Birth to 1 year

- During this time a baby needs to know that he or she is safe. Your job is to create a safe space for your child and meet all his or her needs.

## 2 Boundaries: Ages 1 to 5

- This is the time when children start to test boundaries. It is okay and even natural for them to do this. You will need to set clear and consistent boundaries and establish yourself as their authority.

## 3 Teaching: Ages 6 to 11

- Begin teaching the heart of the child. Give your children the “why” behind the “what.” Explain why you have certain rules, why it is important to act a certain way, etc.

## 4 Coaching: Ages 13 to 17

- You should be able to begin stepping back and allowing the child to make some decisions. Take the role of coach: give advice but allow the child to make the ultimate decision, and suffer the consequences of bad decisions.

## 5 Mentoring: Ages 18 to Adult

- Your children will need your help and advice often as they grow and mature. The goal of this stage is to be the mentor they need.

## 6 Friendship: Adulthood

- Your children become more like peers. They are independent and you are able to enjoy each other's company as adults.

---

We don't have to wonder about how to best parent our kids. We can parent with a plan!

Each stage of parenting is unique and understanding those stages can help us set ourselves and our kids up for success!

Our kids are unique and so are we! The ages that families experience each stage will differ. As long as you have a good understanding of each stage and how to recognize it and parent through it, you will do great!

