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## Ten Skills of Competent Parents

There are 10 competencies that predict good parenting outcomes, asserts researcher Robert Epstein in [Scientific American Mind](#) (November 2010). These 10, listed in order from most to least important, predict a strong parent-child bond and children's happiness, health, and success:

1. **Love and affection.** "You support and accept the child, are physically affectionate, and spend quality one-on-one time together."
2. **Stress management.** "You take steps to reduce stress for yourself and your child, practice relaxation techniques, and promote positive interpretations of events."
3. **Relationship skills.** "You maintain a healthy relationship with your spouse, significant other, or co-parent and model effective relationship skills with others."
4. **Autonomy and independence.** "You treat your child with respect and encourage him or her to become self-sufficient and self-reliant."
5. **Education and learning.** "You promote and model learning and provide educational opportunities for your child."
6. **Life skills.** "You provide for your child, have a steady income, and plan for the future."
7. **Behavior management.** "You make extensive use of positive reinforcement and punish only when other methods of managing behavior have failed."
8. **Health.** "You model a healthy lifestyle and good habits, such as regular exercise and proper nutrition."
9. **Religion.** "You support spiritual or religious development and participate in spiritual or religious activities."
10. **Safety.** "You take precautions to protect your child and maintain awareness of the child's activities and friends."

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*Sometimes we see a cloud that's dragonish;  
A vapor sometime like a bear or lion,  
A tower'd citadel, a perdant rock,  
A forked mountain, or blue promontory  
With trees upon't, that nod unto the world  
And mock our eyes with air.  
Thou hast seen these signs.*

William Shakespeare