

# Growing as a Parent

Being a parent is one of the most important and rewarding things you can do. It's also hard work.

How you parent will be affected by the way you were brought up. Some people want to parent the way they were parented. Others want to do the opposite, while some want to do a bit of both. Your style will also be guided by what you read and what you see others do. And, of course, you'll learn as you go.

To help you along the way, try:

- learning new parenting skills – like using positive discipline (see [Positive Discipline](#)) – by taking classes, talking with other parents and reading books
- finding the extra support you need – from child care to help for special needs – by talking to your health care provider and seeing the [Resources](#) section
- staying healthy by being physically active, eating well and seeking help if you're depressed or overwhelmed (see [Parenting Issues](#))
- thinking about how you were parented and how that affects the way you care for your toddler
- building a support team of family and friends. Remember, it takes a village to raise a child.

There are many places to go for help. See the [Resources](#) chapter for information.

