



**The Ultimate Parenting
Success Checklist
Ensure Your Child's
Well-being and Your
Peace of Mind**

Dr.P.T. Sunderam

<https://register.ptsneuroparenting.com/>



As a parent, it's easy to get overwhelmed and lose track of your child's development. Our 'Milestone Moments Checklist' will help you stay on top of your child's growth, from infancy to adolescence. Don't miss those crucial first steps, words, or achievements. Download our checklist now to ensure you're always there to celebrate your child's milestones and create lasting memories together.

- Dr.P.T.Sunderam

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- Make eating together a priority—there's no easier way to build family time into your days.
- Get some outdoors time with a yard game. We recommend Air O Splash, of course. :)
- Plan a few day trips to those nearby places you've always meant to check out.
- Encourage your kids to invite their friends to your house.
- Don't forget about your parents! Gather the kids for a monthly video call with their grandparents.
- Teach your child to identify and manage their emotions effectively.
- Offer a helping hand with any summer projects your kids have for school.
- Utilize non-harmful methods to guide and discipline your child.

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