

Parent: Since you have been a parent for a long time now and I will be one very soon, I was hoping that I could ask you a few things. Friend: Of course. You have helped me so many times with my own children that I am very excited to help you with yours. What concerns do you have? Parent: I have tried to consider all the possible effects that I could have on my child. It seems so easy to make a mistake in parenting. I could really hurt my child with some of my mistakes. Friend: It is easy to make mistakes, but we are all human. Our own parents made mistakes and we turned out fine. I often make mistakes as a parent, but none have hurt the overall development of any of my children. Parent: That is good to hear. I just want my child to develop in the best, most healthy way possible. I read a lot of books on parenting and it makes me a little scared. Friend: That is just a sign that you will be a good parent. Being afraid of making mistakes and being concerned about how your child develops all show that you have the most important requirement of being a parent already—care. Parent: I am not sure that I am that great of a parent just yet, but maybe I will get there. Tell me, how much do you think about nutrition for your child—what food to give them, what water or other drinks they should have? Friend: I think about that a lot. What nutrition a child takes in can have a big impact on their overall health. I always ask a doctor about food, water, or anything else. They are the experts after all. Parent: Well, it sounds like my next step will be to talk to a doctor myself. I am sure I will be calling you soon with more questions. Friend: I am here any time that you need me.