

How to Be a Better Parent

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Scientific American:

God help me, being a parent is hard. It's not necessarily the basic Abraham Maslow's "hierarchy of needs" stuff that gets me, although providing for one's family is a daily pressure. No, what makes parenting so tough (at least for me) is the knowledge that I—quirky, flawed, only human me—am responsible for how my kids will "turn out." There are 58,000 parenting books for sale on Amazon right now and thousands of parenting studies published every year. Sometimes I think I haven't read enough of them; other times I think I've read way too much. Either way, here are three bits of research-backed advice that have resonated with me recently. I hope they will help you, too.

Read the whole story: [Scientific American](#)