

Ingredients for Effective Parenting

- ▲ Establish routines
- ▲ Avoid over-scheduling, labeling and comparing
- ▲ Set limits and boundaries
- ▲ Be clear and consistent about expectations
- ▲ Provide choices that are clear and realistic (*make sure you're ok with all choices*)
- ▲ Use natural consequences that are immediate, logical, age appropriate and time limited
- ▲ Acknowledge positive behavior
- ▲ Encourage special interests and unique strengths
- ▲ Talk, Talk, Talk

How Well Do You Know Your Child?

Do you know the answers to these questions for each of your kids? If not, take this as an opportunity to learn more about your child(ren): talk during dinner, while doing chores, during a walk.

- What embarrasses your child the most?
- In gym, would your child rather play basketball, do exercises or run relays?
- What person outside of the family has most influenced your child's life and why?
- What is your child's biggest complaint about the family? What would he/she change about the family if they could?
- What would your child's choice be for a vacation: a camping trip, a visit to a big city, or a boat trip? Why?
- What is your child's most prized possession?
- What has been the biggest disappointment in your child's life this year?
- Of what accomplishment is your child proudest?
- Who is your child's greatest hero?

Online Resources:

www.aap.org

www.kidsource.com

www.parentingteens.com

Don't worry that children NEVER LISTEN to you;

worry that they are ALWAYS WATCHING you." ~ Robert Fulghum

Commitments for Parents

1. I will always love and respect my child for who he is and not who I want him to be.
2. I will give my child space – to grow, to dream, to succeed and even sometimes, to fail.
3. I will, when discipline is necessary, let my child know that I disapprove of what she does, not who she is.
4. I will not burden my child with emotions and problems he is not equipped to deal with, remembering that I am the parent and he is the child.
5. I will create a loving home environment and show my child that she is loved, whenever and however I can.
6. I will take care of myself physically and emotionally, so that I can be there for my child when he needs me.
7. I will try to be the kind of person that I want my child to grow up to be – loving, fair-minded, moral, giving and hopeful.

For professional consultation regarding concerns related to yourself, family members, dependents or employees, you may call Workplace Solutions® at 800-327-5071 for a free, confidential, in-person appointment.