

Parenting

12 STEPS



1. Let your children know how much you care in every situation you can, and especially when they are having problems.
2. Keep a positive attitude about your ability to be a parent. Trust your instincts.
3. Take care of yourself. Meet your needs for support with other adults so you can establish healthy parent-child boundaries.
4. Take time to teach your children values while they are young. Live your own values every day.

5. Make your home a safe, secure, and positive environment. Provide appropriate privacy for each family member.

6. Get involved in your child's school, your neighborhood, and your community. You, not the teachers or other authority figures in your child's life, are responsible for parenting your child.

7. Set clear rules and limits for your children. Be flexible and adjust the rules and limits as they grow and are able to set them for themselves.

8. Follow through with consequences for your children's misbehavior. Be certain the consequences are immediate and relate to the misbehavior, not your anger.

9. Let your children take responsibility for their own actions. They will learn quickly if misbehavior results in unpleasant natural consequences.

10. Be a guide for your children. Offer help with homework, in social situations, and with concerns about the future. Be there to help them direct and redirect their energy and to understand and express their feelings.

11. You are separate from your children. Let go of the responsibility for all your children's feelings or the outcome of their decisions. Your children's successes or failures are theirs, not yours.

12. Provide an environment for your children where a foundation of mutual appreciation, support, and respect is the basis of your relationship into their adult years.

