



PARENTING TIPS—guaranteed to make a difference in the lives of your children:

- Model clearly and consistently the expectations you have for your children. The power of your example, both positive and negative, can not be overstated.
- Teach your children that all problems can be solved. Life is never hopeless.
- Teach your children the concept of “cause and effect.” In relationships, careers and any other pursuit we literally get back what we give.
- Embrace each and every moment available to teach your children what is expected of them. Yelling, punishing, hitting, avoiding your children teaches them nothing and damages your relationship.
- Moments of frustration and disappointment happen frequently when raising children. These are truly moments for you to demonstrate complete and unconditional love for your child.
- Praise your children 10 times more than you criticize them.
- As parents, negotiate with each other, and be united regarding rules and consequences.
- Schedule time every day for uninterrupted one on one time with your child.
- Meet together as a family frequently to review expectations, establish rules and to teach concepts of concern, fairness, pleasantness and effectiveness. Allow your children to govern themselves whenever possible.

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