



## DO'S AND DON'TS FOR PARENTS

### DO'S

1. AFFIRM your child daily as lovable and capable.
2. ESTABLISH PARENTAL AUTHORITY – Children need to know who is in charge.
3. PRESENT A UNITED FRONT – Parents need to negotiate and agree on rules and back each other up.
4. BE CONSISTENT – with the rules: yes is yes, no is no.
5. FOLLOW THROUGH – Back up your words with rewards for desired behavior and discipline for undesired behavior.
6. LISTEN! – Try to really understand and acknowledge your child's feelings (even if he/she cannot get what they want).
7. BE INVOLVED – Spend TIME with your child; attend activities in which they participate. Enjoy them!
8. BE INFORMED - Know where your kids are, what they are doing and who they are with. Educate yourself: Ex: drugs.
9. NETWORK – Connect with other parents, groups and agencies for support.
10. LET GO GRADUALLY – Allow child to make more of their own decisions so they can learn to make good choices.

### DON'TS

1. DON'T belittle, ridicule or call child names or equate “bad behavior” with being a “bad child”.
2. DON'T allow your child to manipulate or intimidate you into something against your better judgment.
3. DON'T allow your child to put a wedge Between parents (including divorced parents).
4. DON'T enforce rules one day then ignore or change them the next.
5. DON'T use empty threats or ignore good behavior.
6. DON'T ASSUME you know what your child thinks, feels, wants.
7. DON'T let work, life style, other activities consume all your family time.
8. DON'T think “none of these things could ever happen to my kid”.
9. DON'T assume all parents are as responsible as you are.
10. DON'T protect/bail out child from consequences of their choices.

