



Tips for Parents

Take care of yourself physically and emotionally. Take time to exercise, read, nap or work on a special project to recharge your batteries.

Use words that help, not words that hurt. You are a mirror for your children. They believe what you say about them.

Give your child time to discover the world. To a young child, everyday brings new experiences.

Plan ahead and leave plenty of time to get ready if you have to take your child somewhere. Young children are small and curious. They can't move as quickly as adults, and, unlike adults, they aren't in a hurry to get everywhere.

Respect children and use a courteous tone of voice. Respect brings respect. A pleasant tone of voice can pay off in an improved relationship.

Children are never too old to be told they are loved. Say it or write it in a note that your child can keep.

Give your child chores around the house. It builds cooperation and responsibility.

Rules help children feel secure. Without limits children do not know where they stand and what they are supposed to do.

Help children feel good about their successes with 'you' messages. In addition to "I am proud of you," try "You really worked hard on that, I bet that makes you feel proud," as well.