

advice *to parent by...*

- ▶ Children deserve to be treated with respect, even if it isn't always mutual.
- ▶ Children should earn privileges, not rewards.
- ▶ Children should NOT be rewarded or overly praised for behaviors that are expected.
- ▶ Discipline should be assertive, not aggressive.
- ▶ Discipline should be instilled with confidence, not emotion.
- ▶ Discipline should be used to teach, not to control.
- ▶ Parents should use every opportunity to teach life-skills, coping-skills, and social-skills to their children.
- ▶ Parents should establish an open line of communication with their children, being approachable to even the most difficult of topics or issues.
- ▶ Parents must learn to interpret their children's needs and find acceptable and appropriate ways to meet those needs.
- ▶ Spending 30 minutes of quality time with your child will go farther than any gold star or raise in allowance.
- ▶ Praise should be used to elicit a feeling, not to elicit a behavior.
- ▶ Values should be taught AND encouraged.
- ▶ Consequences should be unpleasant, not painful.