

# Reminders From Your Child...

- Avoid spoiling me. I know quite well that I don't need everything that I ask for, I am only testing you.
- Let me be silly sometimes. I know that it can be annoying, but I am having fun.
- Catch me being good. Just like you, I like to be told when I am doing good.
- Be the parent. There's no reason that I should have more control in this family than you.
- Encourage healthy habits. It's difficult to become physically fit when I am constantly sitting in front of the TV with a bag of chips and a soda.
- Involve yourself in my education - because if you don't care about it, then neither do I.
- Avoid bailing me out of trouble each time I make a mistake - sometimes I need to experience the pain of consequences.
- Sometimes it's difficult for me to express my feelings. Please try to understand my feelings instead of just reacting to them.
- Be approachable when I need someone to talk to. If you are not, then I will seek comfort in someone who is.
- Encourage me to join a team, organization, club, or activity. My self-esteem will improve and I will learn valuable life lessons.
- Be the best role-model that you can be. You may not be a sports hero or a rock star, but I look up to you and learn a lot from how you act and how you treat others.
- Love me. I know it's difficult at times, but I love you.



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