

# PARENTING CONTRACT

I, \_\_\_\_\_, do hereby promise to meet the following expectations with regards to my parental responsibilities.

- I promise to treat my child with respect and compassion. I will not belittle, degrade, or insult my child regardless of his or her actions. I will treat my child the way I would have wanted to be treated when I was his or her age.
- I promise to spend a reasonable amount of quality time with my child each day and to give him or her positive attention when appropriate.
- I promise to set a good example for my child by being the best role-model that I can be. I will demonstrate appropriate ways to handle difficult emotions and will behave in a socially responsible manner. I will teach my child to be caring, patient, reliable, and respectful by being that way myself.
- I will work my hardest to teach my child how he or she SHOULD be acting instead of focusing so much on how he or she SHOULD NOT be acting.
- I will use everyday situations as teaching opportunities for my child. Sometimes it is better for my child to learn from the mistakes of others than from his or her own mistakes.
- I promise to avoid "giving-in" to my child's crying, tantrums, or threats. Doing so will only increase the likelihood of these behaviors in the future.
- Most of all, I promise to keep my child safe from physical and/or emotional harm. I will provide a safe, secure, and nurturing environment for my child—one that allows him or her to thrive. I will provide adequate food, drink, medical care, and clothing for my child and will make sure that he or she sleeps in a warm and safe bed each night.

If I am able to meet the conditions stated in this contract, then I can feel proud of my parenting accomplishments. I do realize though, that these conditions alone will not make me a quality parent. I will need to work diligently each day to become the quality parent that I strive to be.

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Signature of Parent(s)

Signature of Witness