

# DO' AND DON'TS FOR PARENTS

DO'S	DON'TS
<b>Affirm</b> your child daily as lovable and capable.	<b>Don't</b> belittle, ridicule or call child names or equate "bad behavior" with being a "bad child".
<b>Establish parental authority</b> – Children need to know who is in charge.	<b>Don't</b> allow your child to manipulate or intimidate you into something against your better judgement.
<b>Present a united front</b> – Parents need to negotiate and agree on rules and back each other up.	<b>Don't</b> allow your child to put a wedge between parents (including divorced parents).
<b>Be consistent</b> – with the rules: yes is yes, no is no.	<b>Don't</b> enforce rules one day then ignore or change them the next.
<b>Follow through</b> – back up your words with rewards for desired behavior and discipline for undesired behavior.	<b>Don't</b> use empty threats or ignore good behavior.
<b>Listen!</b> Try to really understand and acknowledge your child's feelings (even if he/she cannot get what they want).	<b>Don't assume</b> you know what your child thinks, feels, wants.
<b>Be involved</b> – Spend time with your child; attend activities in which they participate. Enjoy them!	<b>Don't</b> let work, life style, other activities consume all your family time.
<b>Be informed:</b> know where your kids are, what they are doing and who they are with. Educate yourself: Ex. Drugs.	<b>Don't</b> think, "none of these things could ever happen to my kid".
<b>Network:</b> Connect with other parents, groups and agencies for support.	<b>Don't</b> assume all parents are as responsible as you are.
<b>Let go gradually:</b> Allow child to make more of their own decisions so they can learn to make good choices.	<b>Don't</b> protect/bail out child from consequences of their choices.