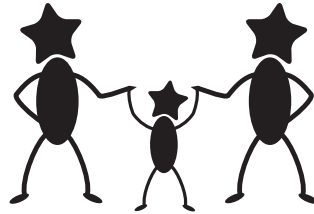


Top 10 Things You Should Know About... **PARENTING**



- 1.** In order to be the best parent you can be, you need to make sure to look after yourself first. If you burn out, you have less (or nothing) to give.
- 2.** Give kids choices. By giving children control over their lives, you teach them how to make decisions and avoid creating power struggles.
- 3.** Use open-ended questions like, “How are you feeling today?” instead of, “Are you feeling OK?” You’ll be less likely to get that one word answer.
- 4.** Try not to be judgmental when your children share with you. You’ll be more likely to get the real story and keep your child talking.
- 5.** If you are co-parenting with someone, give that relationship the love and attention it needs - it will help to make the family unit strong.
- 6.** In a parental break-up, avoid all negative talk about the other parent. Involving children in those dynamics only serves to hurt everyone. Talk to a friend or professional instead!
- 7.** Choose to create a family rule that kindness is more important than being right.
- 8.** Create routines and fun family rituals. This gives children the structure they need.
- 9.** Praise your children often and get excited about their accomplishments. Say things like “Wow, that is awesome! How did you learn that? I am so proud of you!”
- 10.** Slow down and be available. The dinner table can wait to be set and the dishes can wait to be washed. Take the time to talk and interact while your kids are still interested.

This is just a small sample of parenting tips. If you’re interested in learning more on this subject, talk to your Case Coordinator about what community resources and JobWave workshops are available.