

Parenting Reminders

1. Have a Schedule, Routine and home structure to daily activities.
 - ~ Provides predictability and security!
2. Say what you mean, mean what you say!
 - ~ Be consistent, follow through with what you say you will do
3. Catch 'em being good!
 - ~ Praise the behaviors you want to see!
4. Allow for mistakes
 - ~ It's a learning opportunity
5. Consistency and follow through
6. Pick and choose battles
 - ~ Not everything has to be a fight
7. Manage inappropriate behaviors
8. Seek out community supports
9. Put down the electronics and pay attention to your child
 - ~ Your child needs you to attend and interact
10. Remember, you are the parent! Be Involved, parenting is not a spectator sport!

*Take a breath...keep moving forward!
If you want the behavior to change, you need to change
your reaction to it.*