

got resilience?



Top 10 Parenting Tips

1. Be the person you hope your children will be as adults – your kids are watching you.
2. Love the child you have, not the child you think they should be. They are a work in progress.
3. Allow your kids to fail: early, fast and inexpensively.
4. Turn the tables to see things from your kids' point of view. You may find a middle ground.
5. Rules should be based on safety concerns that are non-negotiable.
6. DON'T get on the roller coaster with them. Watch from the sidelines!
7. Set and communicate high and realistic expectations for your child.
8. Don't negotiate and do what you say you will.
9. Stress happens. Teach and model healthy coping skills.
10. Talk. Talk. And talk some more with your child.

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