

## NEWSLETTER

### WebParentTip #3

#### PARENTING RESOLUTIONS

A new year, a fresh start, a time to think about your parenting.

Any deeds or words from last year bother you? Did you come down too hard on your kids or let them get away with behaviors you should have stopped?

Here are some PARENTING NEW YEAR'S RESOLUTIONS for you. Use all that apply.

#### I RESOLVE TO:

- o Observe the "Eleventh Commandment", RESPECT THY CHILD. I will respect the unique little person my child is. I will accept my child's personality and temperament and do all I can to nurture my child with love and understanding.
- o AVOID BEING A PARENT WIMP. I will accept my responsibility to help my child by disciplining with loving firmness.
- o AVOID "VERBAL SPANKING". This means I will not yell, scream, nag, shout or use put-down expressions.
- o TAKE A PARENTAL TIME-OUT whenever I am close to the boiling point.
- o BE A TEACHER TO MY CHILD both before and after the child starts school. I will foster my child's curiosity and love of learning. I will take an interest in my child's schoolwork and homework.
- o To be a GOOD ROLE MODEL. I will wear my seat belt, not smoke, not drink to excess and be the kind of responsible adult I want my child to become.
- o TREAT PEOPLE KINDLY so that my child will grow up with a sense of empathy and tolerance for others.
- o RESPECT THE ENVIRONMENT so that my children and grandchildren will have clean air to breath and clean water to drink.
- o BE A GOOD CITIZEN. I will not only vote but take my children to the polls or let them help me fill out a mail ballot so they will recognize the importance of this civic right and responsibility.
- o DEMONSTRATE MY LOVE FOR MY CHILD EVERY DAY. A hug a day keeps the psychiatrist away!
- o GIVE MY CHILD RESPONSIBILITIES AND CHORES so that my child will understand there is no free lunch--all of us have duties to ourselves and others.
- o SPEND "ATTENTIVE TIME" WITH EACH CHILD EVERY DAY. This means I am completely focused on my child, not thinking about work or what to make for dinner.
- o ENJOY MY KIDS and have as much fun as I can with them as they grow up very fast.

Let me wish all my WebParentTip Subscribers a Happy, Healthy, and Fulfilling New Year-- and Happy Parenting!