



## TIPS FOR PARENTS

- Communication, communication, communication
- Ask for what you want
- Speak to little people at their level
- Listen with respect
- Give at least 2 choices
- Reading the same book over & over again
- Sandwich bags over socks before boots
- Red washcloth
- Keep medicine cabinet up high in the kitchen
- Chart medications
- Structure *allows* smooth sailing
- Laugh, be silly, have fun!
- Don't fall into the trap – doing everything, super-mom
- Place toilet paper on holder w/paper coming out from the back
- Idle threats – leave at the door
- Please and thank-yous
- Answer only the questions asked
- Co-parenting, start early
- All that children need from parenting: lovability, acceptability
- Women to women time
- Make sure you have done “mommy time”
- Individual time w/each child – dad too
- Give what you want to get
- Limit TV & Tech. games
- Play WITH your child
- Learn how to chart behaviors that you want
- Change takes time – be patient & stick to it
- Hugs
- Parent to parent – tend this garden wisely
- Date night
- Pre-organize/avoid chaos
- Prep for any out of ordinary scheduling
- Calendars

- Challenges – i.e., learning days of wk
- Know what skills NORMALLY learned @ what age – only a guideline
- Report cards
- Make a character list. How do you achieve it?
- Get plenty of sleep
- Sleep pattern problems – How they affect life
- Homework without hassles
- Have a plan – speak it, write it, DO it
- What you focus on you get
- Inspire – creativity and fun
- Weekly “family meeting”
- Build team work
- Re-enforce learning @ end of consequence
- Celebrate occasions
- Bed time

## **TEENS**

- Contracts – how to
- Keep connected w/family mandatory fun
- Setting principles – not rules, what are they
- Family Meetings – what are they, how to’s

All these topics are covered during teleclasses and more. Come get inspired about your “Mom” hat that you wear. You do have the most important job that exists – no matter who the president is!