

## The ABCs of Parenting by Barbara Gruener

- A. Affirm and appreciate your children.
- B. Be firm, fair, and consistent.
- C. Choose logical and natural consequences - positive or negative.
- D. Decide together on your family's values and mission statement.
- E. Encourage your children to follow their dreams.
- F. Forgive mistakes.
- G. Give your children a secure environment.
- H. Handle conflict with love - "care"front your children.
- I. Initiate "I" messages: I feel \_\_\_\_\_ when you \_\_\_\_\_. I need \_\_\_\_\_.
- J. Join (and enJOY) one another around the dinner table.
- K. Keep your promises.
- L. Love unconditionally.
- M. Model good character.
- N. Negotiate when you can to empower your children.
- O. Open your mind to consider all of your options.
- P. Pick your battles!
- Q. Quit yelling and lecturing.
- R. Read with your children.
- S. Say you're sorry when you mess up.
- T. Treat your children with respect.
- U. Understand that kids are a work in progress.
- V. Voice your opinion, then listen to theirs.
- W. Wait for your children to respond before repeating what you said.
- X. Xplore eXtra-curriculars, but be careful not to over -eXtend them.
- Y. Yearn to learn something new with your children, every day.
- Z. Zone in on the needs of each child individually and the group collectively.