

Top Ten Tips for Parents and Children

From Sherry Rhodes, author of

The Parent's Complete Guide: What to Teach, How and When to Teach It

Top Ten Tips for Parents:

1. You are your child's number one teacher: they watch you constantly. Model the behaviors you want to see in them.
2. Insisting on respectful behavior from everyone in the family is the number one thing you can do to make your home a pleasant place.
3. Practice proactive parenting instead of reacting to the crisis of the moment.
4. Positive reinforcement is much more effective than punishment. Catch them being good.
5. Loving physical contact is important for everyone, but especially for children. Hug them every day.
6. Encourage cooperation by giving a child choices as to how or when he wants to do something, not if he wants to do it.
7. Consequences must be consistent to be effective.
8. Verbal abuse is still abuse. It's hard for kids to respect an adult who is throwing a temper tantrum.
9. Choose your battles. Compromise on the little things; stand firm on important issues.
10. The number one thing kids tell me they want from their parents is more time together.

Top Ten Tips for Kids:

1. You can choose your attitude.
2. Be respectful to everyone.
3. Save at least 10% of your allowance or income.
4. When adults tell you to avoid illegal substances, it's not to spoil your fun. The same is true for obeying the law. Don't break your mother's heart.
5. Do what's right. You'll sleep better.
6. Spend less than you earn.
7. Everyone must do chores—both kids and adults.
8. Education is something you do for yourself. Not for your parents, not for your teachers.
9. You only get one body—feed it right.
10. Don't take offense when none was intended.

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