

RAISING HEALTHY, HAPPY CHILDREN

1. **COMMUNICATION** - Make sure that you set aside time to communicate with your child. Explain to him very clearly what you expect of him and why you expect it. Allow time for your child's questions. He needs to feel that you're being fair with him and respect his feelings. **ACTIVELY LISTEN** to what your child says; this will help to insure that he will listen to you.
2. **ATTENTION** - Are you available and interested when your child feels that he needs your time? Your child needs to feel that he is important to you. Share yourself with him and he will value what you ask of him.
3. **SHOW APPROVAL** - When your child does something which pleases you, tell him of your good feelings and show him with a hug or touch. This lets him know you appreciate him.
4. **MAKING CHOICES** - Allow your child the right to make decisions which concern him. Remember if he has no experience in making decisions for himself as a child, how will he know how to make a decision as an adult? Giving a child a choice helps him to develop a sense of responsibility and self-respect.
5. **SET EXAMPLES** - Your child learns to be like you. Remember you cannot expect more of your child than you expect of yourself.
6. **ELIMINATE PROBLEMS** - Your child spills milk on himself. Does he need a smaller glass? Was the glass breakable?
7. **NATURAL CONSEQUENCES** - If you try to protect a child from a painful mistake that he has made, then you are teaching your child that he doesn't have to take the responsibility for his errors. Let him make his own mistakes, providing that he does not, in the process, inflict harm on himself or others.
8. **WITHDRAWING ATTENTION AND RESTRICTING PRIVILEGES** - When your child misbehaves, don't reward him with an audience. Send him to his room to think about his behavior. When a child misuses a privilege, it is only fair to restrict the privilege temporarily.
9. **CRITICISM** - (be constructive) - Corrections should be made without destroying a child's feelings of self-worth. Constructive criticism is essential to help a child understand that he is in error. However, it is much more important to point out what a child does well than it is to point out a mistake.
10. **EMBARRASSMENT** (avoid) - Some parents feel that by publicly embarrassing their children, this will improve their behavior. What is really accomplished is that the child learns to fear social contact with other people, and suffers from a decrease in his self-confidence, and a deflation of his feelings of self-worth.
11. **GUILT INFLICTION** - Inflicting guilt means that a parent tries to make his child feel responsible for the parent's own personal needs. This is wrong! Teach your child to be responsible for himself. Guilt infliction teaches a child to give to everyone and to neglect himself.
11. **FORCE** (avoid) - Keep in mind that every time you use force with a child, you are teaching him to hate and fear you. The more you use force, the more he will hate and fear. Try to reserve this method for those occasions when you need to protect and insure a child's personal safety.
13. Learn what to expect from your child at each age level.

COULDN'T ALL OF THE ABOVE BE A GUIDE FOR HOW WE AS HUMAN BEINGS WOULD LIKE TO BE TREATED? WHO DESERVES IT MORE THAN OUR OWN CHILDREN?