

Top Ten Parenting Tips

10. **Save Six Seconds.** Pause to manage anger, pause to create compassion.
9. **Child in the Adult, Adult in the Child.** Honor the adult's emotional needs, playfulness, and fragility as well as the child's dignity, resourcefulness, and intelligence.
8. **Make Them Good.** Assume kids – and everyone else – are good. Treat them the way you want them to be. Value mistakes.
7. **Know Why the Chicken Crossed the Road.** Cherish humor – even (especially) silly, goofy “kid” humor.
6. **Give Time.** Those you love and respect should not have to “take” your time. A gift of five minutes a day creates deep ties.
5. **Just ‘Cause It’s Not Working, Don’t Mean It’s Broke.** Plant the seeds, hot out the expectations, but know that strategies will not always produce immediate results.
4. **Eyes on the Prize, Feet on the Path.** Know your long-term goals/mission, pick your battles, preserve...and revel in today.
3. **Whose Life is it Anyway?** Don't take too much credit, don't take too much blame. Empower, not enable; facilitate, not fix.
2. **Walk the Talk.** Braithwaite: “True belief is manifest in action.” “Thoughts are like arrows.” Children will copy 70% of what you do, and 30% of what you say.
1. **Love Without Strings, But Not Without Boundaries.** Give your love with no conditions, no exceptions – but accepting the child does not mean accepting the child's behavior. Create a context of safety, caring and consistency.