

ABCs for Parents

(Source: unknown)



Ask your child about the school day.

Begin your child's day with a nourishing breakfast.

Congratulate you child for doing well.

Discuss homework with your child.

Encourage your child to read.

Find a quiet place for your child to study.

Give your child responsibility.

Hug your child to build self worth.

Include your child in making simple family decisions.

Join a library with your child.

Keep your child on a schedule that includes exercise and sleep.

Limit TV viewing by selecting programs with your child.

Make the time you spend with your child special.

Notice and discuss changes in your child's behavior.

Offer to help your child organize school papers.

Provide your child with good role models.

Question the activities your child shares with friends.

Respect your child's right to have opinions different from yours.

Share an interest or a hobby with your child.

Take time to listen to your child.

Urge your child to say "NO!" to unwanted touching.

Visit places of interest with your child.

Work with your child to set up rules of behavior.

Xerox and save records or articles that benefit your child.

Yield results by encouraging your child to do better.

Zoom through these ABCs again and again!