

Do's For Parents

If you are tired of being told “Don’t do this, Don’t do that” and all the other negatives that people seem to dump on you as a parent (or that in your “self-talk” you dump on yourself), now is the time to get rid of the negatives and focus on the positive. Here is a good place to start.

1. **Do** have a few rules that are essential to health, safety, welfare, are age appropriate and can be enforced without putting unnecessary hardship on yourself or making more work for yourself.
2. **Do** give good eye contact when you talk to your child and expect the same when your child talks to you.
3. **Do** have a home that is not child-centered.
4. **Do** respect the personhood of your child, and in so doing, promote his/her personal esteem.
5. **Do** provide your time, QUALITY & QUANTITY.
6. **Do** allow thoughts and feelings, but set limits on behaviors.
7. **Do** show a willingness to learn from your child.
8. **Do** resist the need to be approved of or to be liked by your child.
9. **Do** correct your child in private.
10. **Do** listen to your child and seek to understand his/her feelings.
11. **Do** seek to understand the purposes of your child’s behavior (misbehavior).
12. **Do** prepare yourself to appreciate process as it applies to growth, and be willing to patiently go over and over matters of importance.
13. **Do** teach your child to credit himself/herself to aid in the development of personal esteem.
14. **Do** seek to develop and maintain a personal sense of humor.
15. **Do** refrain from teasing your child, as this is usually experienced as a “put-down” and is emotionally painful for the child.
16. **Do** work to separate the important from the unimportant.
17. **Do** train your child to show good manners.
18. **Do** teach your child how to make wise decisions. Incorporate this into “rule following”.

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