

# GUIDELINES



## FOR EFFECTIVE PARENTING

### 1. Treat children with respect.

- Children have the same feelings and needs as adults.
- Parental disrespect lowers children's self-esteem.



### 2. Privileges should be earned.

- "When you have \_\_\_\_\_ then you may \_\_\_\_\_"
- If you abuse it, you may lose it.
- State expectations regarding privileges.



### 3. Stop children's dangerous, destructive or self-defeating behavior immediately.

- Misbehavior that is dangerous, destructive or self-defeating cannot be ignored.
- Set limits, state consequences and be consistent.



### 4. Reward appropriate behavior.

- "Catch" your children being good and affirm them.
- Positive incentives can help enforce positive behavior.
- Stop rewarding misbehavior by ignoring it, being inconsistent or by making idle threats.



### 5. Let children solve their own problems when possible (and learn from their mistakes.)

- What children want is not always what they need.
- Let siblings work out their disagreements as much as possible.
- Don't always rescue children from negative consequences that result from their choices.



### 6. Enlist children's help in rule-making.

- Discuss family and individual rules with children.
- Even when children disagree with rules, offer an explanation.
- Don't make a rule unless there are consequences for its violation.



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**513-891-1627 / 800-841-5002**  
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