

## 10 Steps to Positive Parenting

Show love and affection.

When necessary, take time to cool down.

Compliment your child.

Set basic rules and limits.

Develop a set of shared meanings, values, and goals.

Introduce your child to books.

Listen and talk to your child.

Be the kind of person you want your child to be.

Offer guidance.

Tell your child **"I love you"** each and every day.

## 10 Steps to Teach a Child Discipline

Teach and model self-control by your example.

Set routine for bedtime, meals, and chores.

Explain reasons for your rules.

Let your child help make rules.

Let your child help decide consequences for broken rules.

Try to understand your child's feelings.

If your child breaks a rule, control your anger.

If you lash out, apologize.

Compliment your child often.

Tell your child **"I love you"** each and every day.

## 10 Steps to Cool Down

Take a deep breath. And another. Then remember you are the adult.

Close your eyes and imagine you're hearing what your child is about to hear.

Press your lips together and count to ten. Or better yet, to 20.

Exercise to release tension.

Phone a friend.

If someone can watch your child, go outside and take a walk.

Take a hot bath or splash cold water on your face.

Turn on some music, maybe even sing along.

Drink a glass of cold water.

Tell your child **"I love you"** each and every day.

