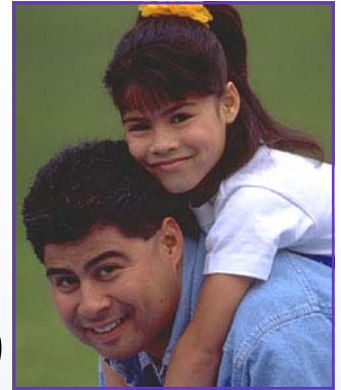


PARENTS CAN HELP CHILDREN HAVE A POSITIVE CHILDHOOD



Let your child know he or she is important.

Children have a great need to feel they are important to their parents and to the world.

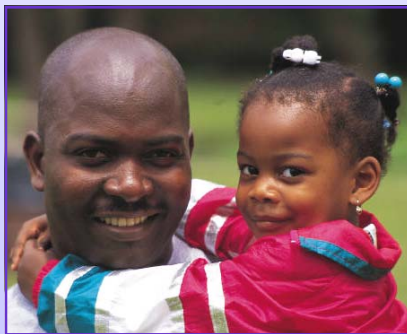
Keep the agreements you make with your child.

Children develop trust and security when you keep agreements.

Remember that you are a role model for your child.

Your child is bonded with you in the deepest love and admiration.

Whatever you do, your child will do. Whatever you say or believe, your child will repeat.



Do not frighten your child unnecessarily.

Sometimes you may need to scare children to keep them away from dangerous situations, but children should not be scared into obedience.

Laugh with and not at your child.

Children can be deeply hurt when they feel you are making fun of them.

Do not give in to your child to avoid conflict.

Children feel more secure when they have limits set for them in their everyday life, but they often cannot refrain from testing their limits.

Praise your child frequently.

Encouragement and kind words motivate children to cooperate.



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San Francisco Department of Public Health, Maternal, Child and Adolescent Health Section, 1-800-300-9950

Material modified from "Bullying is Not a Fact of Life," U.S. Department of Health & Human Services.

www.mentalhealth.samhsa.gov, 1-800-789-2647

www.dph.sf.ca.us/php/chdpnewsltrs/chdpnewsltrmnu.htm