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.

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.

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.

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.

Laugh with and not at your child.
Children can be deeply hurt when they feel you are making fun of them.

Praise your child frequently.
Encouragement and kind words motivate children to cooperate.

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www.mentalhealth.samhsa.gov, 1-800-789-2647
www.dph.sf.ca.us/php/chdpnewsltrs/chdpnewsltrmnu.htm

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