

Parenting Tips from EP4Y

What you do MATTERS. Parents are models for children and children learn by watching. Think before you act, and remember that what you DO is more important than what you SAY.

- The 10 Basic Principles of Good Parenting, 2004, Laurence Steinberg, Ph.D.

Create family rituals. Family rituals provide families with predictability, connection, identity, and a way to enact values.

- The Intentional Family, 1997, William J. Doherty, Ph.D.

Teach your children about your family's culture and traditions. Learning about and taking pride in their own cultural traditions and values helps children appreciate the values of others and appreciate differences between cultures.

- The Anti-Defamation League's Hate Hurts: How Children Learn and Unlearn Prejudice, 2000, Caryl Stern-LaRosa and Ellen Hofheimer Bettman.

"Giving children everything they need is important. Giving children everything they want is dangerous."

- Bernie Saunders, p. 66, from How Much is Enough? Everything you Need to Know to Steer Clear Of Overindulgence and Raise Likeable, Responsible and Respectful Children, 2004, Jean Illsley Clarke, Ph.D., Connie Dawson, Ph.D., and David Bredehoft, Ph.D.

"Support your children at all times, even when they make mistakes. Simply be clear that it is they you are supporting and not the mistake."

- How to Raise Your Child's Emotional Intelligence: 101 Ways to Bring Out the Best in Your Children and Yourself, 1999, p. 76, Allen Nagy, Ph.D. and Geraldine Nagy, Ph.D.

"Saying no to your kids is the key to their developing self-discipline. The word *no* itself is not important. The concept of No is. You can say no in many positive ways."

- No: Why Kids of All Ages Need to Hear it and Ways Parents Can Say It, 2007, pp. 277-78, David Walsh, Ph.D.

"The greatest gift you ever give is your honest self."

- The World According to Mister Rogers, 2003, p. 81, Fred Rogers.

Cooperation is the result when parents respect and maintain the dignity of their children.

- Discipline for Life: Getting it Right with Children, 1995, Madelyn Swift.

"Giving children a choice about what they can wear, what they will eat, when they will do a job, helps them feel competent about making decisions and solving problems."

- Loving Your Child is Not Enough: Positive Discipline That Works, 1987, p. 19, Nancy Samalin