

10 RESOLUTIONS THAT SHOW YOUR KIDS YOU CARE

- 1. TEACH YOUR CHILDREN TO TRUST YOU BY SEEING YOU AS A ROLE MODEL.**
- 2. BE PATIENT, NOT JUST TOLERANT. APOLOGIZE WHEN YOU MAKE A MISTAKE OR DO SOMETHING YOU REGRET.**
- 3. ASK TEENS WHAT THEY NEED FROM YOU - AND DO WHATEVER YOU CAN TO MEET THOSE NEEDS.**
- 4. LISTEN TO YOUR TEENS, A LOT. AVOID INTERRUPTING.**
- 5. TEACH YOUR CHILDREN ABOUT ETHICS, VALUES AND PRINCIPLES THEY CAN APPLY IN CHOICES AND DECISION MAKING.**
- 6. HELP THEM DISCOVER THE FEELING OF GRATITUDE, NOT JUST TO SAY THANK YOU.**
- 7. KEEP THE PROMISES YOU MAKE. IF YOU DO NOT KEEP YOUR WORD, ACKNOWLEDGE THAT. HELP YOUR TEEN UNDERSTAND THE CIRCUMSTANCES OR CHOICES THAT PRECIPITATED THE CHANGE IN YOUR PLANS.**
- 8. ANSWER YOUR TEEN'S QUESTIONS AND BE CONSISTENT. WHEN YOU NOTICE BEHAVIORAL CHANGES IN THEM, MAKE YOURSELF AVAILABLE AND ENCOURAGE THEM TO TALK ABOUT WHAT IS GOING ON IN THEIR LIFE.**
- 9. BE UNDERSTANDING WHEN THEY HAVE A DIFFICULT TIME AND LET THEM KNOW YOU WILL LOVE THEM NO MATTER WHAT.**
- 10. BE DILIGENT. HAVE ONGOING CONVERSATIONS WITH YOUR KIDS ABOUT THE RISKS OF DRUGS AND ALCOHOL.**