

Support:

- Answer your child's questions, if you don't know an answer, say so and work together to find it.
- When you and your child disagree, point out you still love her or him.
- If possible eat at least one meal a day together.
- Ask what your child's highs and lows were for the day. Tell about your day.
- Frame your child's artwork and hang it on the wall.
- Every day show love through hugs, words, kisses and smiles.
- Talk when you are in the car – side by side rather than face to face.
- Ask your child's advice or opinion about an important matter.
- Help your child connect with 3 caring adults (neighbours, coaches, religious programs, parents' friends, etc..)
- Spend time outdoors in your neighborhood where neighbors are. Take walks or hang out on your front step.
- Encourage your child to stick up for students who are being bullied by others.
- Get involved with your child's school, offer to read to the class or individual students.

Empowerment

- Ask children how they would like to help others, figure out simple ways to carry through on their wishes.
- Use the buddy system. When children go out to play, have them do so in pairs.
- Ask children what they do and do not like about their daily routines. Make some changes based on their comments.
- Ask your child to teach you something new, such as current slang, a song or how to surf the internet.
- Listen and take what your child says seriously.
- Ask your child to help plan a family outing or reunions.
- Together help a neighbor. Maybe an elderly neighbor would appreciate your mowing the lawn or shoveling the snow.
- Be an "askable" parent, so your children learn they can tell you about things that concern them, especially personal safety issues.

Boundaries and Expectations

- Think of boundaries as something positive rather than something negative!
- Be firm about safety boundaries.
- Adjust boundaries as your child becomes older.
- Notice and comment when your child does something well. Be specific.
- Youth are more likely to grow up healthy when school provides clear rules and consequences
- Get together with other parents and non parents on your block. Discuss neighborhood boundaries. Have contracts with other parents for things like no alcohol at teen parties.
- You are your child's most important role model. When you make mistakes, admit them. Apologize for failures.

- Spend time together often. Be involved in your child's life on a daily basis.
- Make your child's friends welcome in your home. Invite them over.
- Let your child know when you think he or she has a good friend.
- Encourage your child to tackle subjects and hobbies that are challenging, but not too difficult. Work together.

Constructive use of time

- Allow your child to have two outside the home activities that are led by caring, nurturing adults.
- Let your child experiment with different activities he or she likes.
- Play music when your child is around, expose them to different sounds.
- Emphasize the importance of participating in arts as enjoyment, not necessarily becoming the next great performer.
- Activities are important, but kids can get too busy with them (be aware).
- Model having an extracurricular activity yourself.
- Encourage activities that focus on fun or healthy competition, especially during the elementary/middle school years.
- Be clear about your priorities, school comes first.
- Work faith and spirituality into your daily life. Choose ways that best fit with your values, traditions, and culture.
- Have fun times at home – rent a movie, camp inside, cook dinner together, read together.