

Family Life

Some helpful hints:

- **DO** remember that all children crave attention. If they can't get positive attention, they will act out for negative attention. Any attention is better than none at all. One of the easiest ways to influence good behavior in your children is to pay attention to them when they do something good.
- **DO** make clear, firm rules for your family's behavior. After these rules are established, be consistent. Lead by example, not guilt or shame. Parents need to follow the family rules too.
- **DO** allow each child to have his or her own personal possessions and a proper place to keep them. Having to share is important, but possessions give children a sense of personal identity.
- **DO** keep a sense of humor. Laugh! After you've cleaned up the spilled milk, laugh about it. Enjoy each other and don't take the little upsets of life too seriously.
- **DON'T** feel you are doing a poor job because your children argue. It's a natural part of life and growth for them to fight, make up and fight again. Try to stay out of arguments unless someone is being physically hurt. Children develop confidence and self-reliance when they learn to solve their own problems. But remember "No Violence" should be a hard-and-fast rule.
- **DON'T** label your children. It doesn't matter if the label is good or bad. A label is a judgment and can put unfair pressure on children.
- **DON'T** compare one child to another. Statements like "Why can't you be sweet like Mary?" only create resentment and do nothing to promote positive behaviors.
- **DON'T** discipline while angry.

For information on the Child and Adolescent program and other services offered at Parkridge Valley, call RESPOND at (423) 499-2300 or 1-800-542-9600.



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