

“A HEALTHY OUTLOOK ON YOUR CHILD’S FUTURE”

By Dick Armour

1. CREATE A SAFE HARBOR AT HOME

- Make home a place to be
- Establish, expand and protect family time
- Build family ground rules before they are needed
- Prepare for what might be, before it becomes a problem

2. CHECK THE MIRROR

- Look in the mirror to see if you are the role model you want for your child
- “Functional adults are not necessarily functional parents” – Often success and personal career is at the expense of the family (children are 3rd on the list)
- A parent can be instrumental in providing suggestions, guidance and helping their child develop a balance in life.

3. TAKE CHARGE OF THE TV

- TV is a passive pastime and a form of addiction
- Their physiological response to TV is similar to the human response (sedative/hypnotic drugs)

4. ASK FOR HELP

- You need a license to drive a car and even to catch a fish
- Functional parents produce functional children
- Dysfunctional parents almost never held accountable for producing dysfunctional children
- If you do not know what to do, do not be afraid to ask for help
- It is simple to say to another parent “Can you help me with this? What do you do when. ? Do you know anyone who can help me with this?”
- Asking for help does not mean you’re a failure as a parent, but a parent who cares enough to ask
- Seek out your child’s teachers, coaches and mentors. More connection between parents and school = more information about your child

5. ENGAGE YOUR CHILD

- Negative influences get appealing when that is all that is surrounding your child. (Fear, doubts and insecurities) “Misery likes company”
- Quality time is essential and should be a daily ritual. Communication strengthens the family bond and also helps to prevent negative outside influences
- National statistics state that the average family in the United States today spends approximately 57 minutes a day together as a family
- Capitalize on ‘teachable’ moments; avoid relying on the convenient ‘preachable’ moment
- Listen to learn

6. BUILD A VILLAGE

- There was a time when families lived in tight neighborhoods; they had a village to raise a child. Your child will benefit from a community that watches over them on your behalf (values)
- Remember ‘the little birdie?’ Remember when you were a kid and did something wrong and you asked your parent how they found out? The answer was always “a little birdie told me”

7. SEPARATE FACTS, VALUES AND EMOTIONS

- Present facts that are proven
- Present your values based on your experience and earned knowledge
- Maintain your objectivity by dealing with your emotions before you confront your child
- Advocate your child's teacher. The child must not manipulate connections between parent and teacher
- Teachers and parents must be partners (facts, values, emotions)
- The next closest person to your child on a daily basis is your child's teacher (surrogate parent)

8. PRO-ACT INSTEAD OF RE-ACT

- An ounce of prevention. . . !! It is too late to put up the lightening rods, if the storm is raging outside
- As the child grows he/she changes and so will the need for new skills
- Stay ahead of the game. Develop your parenting skills before each new challenge
- Use the "P" phrase
- Parenting prevents poor pupil performance

9. DISCIPLINE WITH DIGNITY

- When disciplining your child, explain the reason why without attacks to their self-esteem and self worth
- Example: "I love you very much, but what you did was wrong. . ."
- Create accountability (no TV for a week); Don't waver or be inconsistent
- Most important – always ask "Do you understand?"
- Cost and consequences

10. HELP THEM FIND A PURPOSE

- Give your child a compass
- Connect your child with a purpose, with roads and pathways to success (they won't find this at the mall)
- Give your child a purpose and the tools and you won't have to worry about D/A, crime and negative behaviors
- Physical world vs. material world equals every parent's biggest nightmare – "You don't buy love"
- If you as parents create positive ground rules at an early age and teach your child that he/she has a purpose in life, this will become a natural way of thinking.

“CHILDREN ARE OUR GREATEST RESOURCE”