



# KEEP KIDS DRUG FREE FOUNDATION, INC.

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## # 1 TIP FOR RAISING HEALTHY AND CAPABLE YOUNG PEOPLE

Wouldn't it be nice if there was indeed a single, simple "tip" for raising kids? In some ways there is... the single most important thing a parent/adult can do is to be genuinely engaged in a child's life. This doesn't mean being attached to them at all times... or over protecting them... It means stay involved and let them know how interested you are in them.

### SHOW THEM THAT YOU CARE... REALLY CARE

- Acknowledge them
- Listen to them
- Tell them their feelings are okay
- Set boundaries that keep them safe
- Be honest
- Present options when they seek your advice
- Delight in their discoveries
- Notice when they are absent, ask later about where they were
- Contribute to their collections
- Kneel, bend down, or sit so that you are at eye level
- Answer their questions (do not make up answers... if you don't know, say so)
- Use your ears more than your mouth
- Show up at their events
- Apologize if you have done something wrong... admit if you make a mistake
- Listen to their favorite music
- Keep the promises you make
- Thank them
- Point out what you like about them
- Catch them doing something right
- Give them your undivided attention
- Let them solve most of their own problems
- Meet their friends
- Meet their friends' parents
- Let them tell you how they feel
- Be consistent
- Tell them how proud you are of them
- Deal with problems and conflicts while they're still small
- Believe in them
- Nurture them with good food, good words, and good fun
- Be flexible
- Enjoy their uniqueness
- Let them make mistakes
- Respect them
- Be understanding when they have a difficult day
- Give them good choices
- Respect the choices they make
- Inspire their creativity
- Tolerate their interruptions
- Be available
- Do what they do... what they suggest
- Make decisions together
- Welcome their suggestions
- Help them learn from their mistakes
- Be sincere
- Tell them what you expect of them
- Talk directly to them
- Love them... no matter what!



No... you can't do all of these every day. But you can select new ones to try to help build an open, honest relationship with your child/children. Enjoy.

### KEEP KIDS DRUG FREE FOUNDATION, INC.

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