

Whole Hearted Parenting

Joyfully Parenting with Your Whole Heart!

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2010 Parents Top Ten List

- 1. Notice and recognize your child's improvements**
- 2. Hold family meetings** (even when things are great)
- 3. Eliminate "don't", "share" and "be nice" from your vocabulary**
- 4. Practice clarity in telling your child what you want so that he can be successful**
- 5. Schedule a game night at home once a month**
- 6. Before you discipline, ask yourself what you want your child to learn from the experience**
- 7. Find one thing each week that you are doing for your child that he can do himself and let him take the responsibility for doing it**
- 8. Find positive ways for your child to lead** (then follow his lead!)
- 9. Find fun ways to say "no" including changing the tone of your voice**
- 10. Plan family outings in nature once a month** (here is a great place to practice #8!)