



## 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!)

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