

Parent Tips

Here are some ideas on how you can Be There for your child. The ideas can be adapted to any age group. There are numerous Internet resources that will provide you with many more helpful tips. A few of those resources are listed below.

- Have your child help you sort the laundry. Make up a story together about the “laundry monster” who likes to confuse people with look-alikes.
- While eating dinner, ask your teen a question to stretch his/her imagination, such as “If you were the smartest person on earth, what would you use your intelligence to do?”
- In the grocery store, tell your child he/she may pick out three items to take home, but they must contain less than 10 grams of sugar each.
- When driving in the car, ask your young child to find the letters of the alphabet in signs you pass. With the teenager, ask them to help you calculate how many miles per gallon you’re getting with each automobile you drive.
- At the ATM or bank, help your child determine how long it would take to save \$ 2,000 if you put \$5 in a savings account each week. Ask your child what he/she would do with that saved amount?
- While shooting hoops or playing cards, ask a caring question, such as: “How did recess go today?” Or, “How was your science test?”
- When making a salad for dinner, let your child choose the ingredients.
- Read a story to your child. Before you get to the end, ask your child how he/she thinks it will end. Or, if the main character walked through your door today, what would you say to it?
- As a surprise - leave a caring note in your child’s lunchbox or under his/her pillow that says you are proud of your child and love him/her.