



Resource 3

Parents Can Make A Difference . . . Daily

Your home may not be a classroom, but it is still a powerful place of learning. One of the most important things you can do as a parent or guardian, is to show (in words and actions) confidence in your child’s ability to succeed everyday in school and in life. Positive messages have a way of becoming real actions and attitudes. Use this guide as a reminder of ways you can make a difference in your family.

Encouraging children costs nothing and yet, offers big rewards. Remember to:

	I already do this	I will try doing this
• Always find something positive to say	_____	_____
• Praise your child’s efforts, not just his or her accomplishments.	_____	_____
• Help your child feel good about him or herself by saying things like:	_____	_____
“I can tell you worked very hard on that.”		
“You’re getting much better at that.”		
“I appreciate what you did.”		
“You really handled that situation well.”		
• Have faith in your child. Don’t be afraid to give your child increasing responsibility and independence.	_____	_____
• Discourage competition (in all forms) between brothers and sisters.	_____	_____
• Respect your child by treating him or her with dignity.	_____	_____

Another important way you can make a daily difference in the life of your children is by spending some quality time with them. Busy parents have a limited amount of time to spend with their children. Spending time with your child, no matter what the age, is extremely important. It is the *quality* of the time spent (reading together, playing, asking questions), not the *quantity* of time that is important. Communicating with your child encourages him or her to tell you what he or she is thinking and feeling. This will improve vocabulary and develop thinking skills, all of which are important for success in school and life.

Quality time can happen at any time or any place. The quality of the time you already spend together can be made even better, by talking with and listening to your child. Driving in the car or riding the bus, walking through the neighborhood or going for an ice cream after dinner are all good times to talk together and stay connected. Children of all ages enjoy having your full attention at bedtime to read or talk together. Reading together offers ways to discuss important issues that may not be discussed otherwise.

Think of ways you can spend quality time with your child/children. What are some ways you can turn chore time into quality time?

1. _____
2. _____
3. _____
4. _____
5. _____

Being a good parent is not about *saving* time—it is about *investing* time. Our children need daily encouragement and quality time with us so that they will be strong individuals and successful adults.