

10 Resolutions That Show Your Kids You Care

- 1.** Teach your children to trust you by seeing you as a role model.
- 2.** Be patient, not just tolerant. Apologize when you make a mistake, or do something that you regret.
- 3.** Ask teens what they need from you – and do whatever you can to meet those needs.
- 4.** Listen to your teens...a lot. Avoid interrupting.
- 5.** Teach your children about the ethics, values and principles they can apply in their own choices and decision making.
- 6.** Help them discover the feeling of gratitude, not just to say thank you.
- 7.** Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen to understand the circumstances or choices that prompted you to change your plans.
- 8.** Answer your teen's questions, and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
- 9.** Be understanding when they have a difficult time and let them know you will love them no matter what.
- 10.** Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.