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FAMILY COUNSELING
INDIVIDUAL COUNSELING

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PARENTING TOOLS

Parenting can be very challenging. Here are a few thoughts that might be helpful.

1. Smile; it tells children that they are valued. All children need that.

2. Read at least two parenting books

3. Consistency is essential.

4. Legitimize unhappiness; Don't rush to 'fix' normal boredom or normal transient unhappiness. Children need to learn how to deal with normal transient unhappiness.

5. Family Meetings with "The Book"; Meet weekly to ask your children what their top complaints are and listen to their answers! Your complaints can be aired and problem solved too.

6. "I" Messages; They are less threatening than 'you' messages.

7. Catch them doing it right! Acknowledging their successes is more constructive than criticizing their failures.

8. Own your own attention (You are never not parenting when your kids can see you.)
    a. Approving Silence
    b. Disapproving Silence
    c. Neutral Silence is tacit approval