

## Parenting Tips: Creating a Caring & Cooperative Home

Caring and cooperation are best taught through modeling. Becoming more caring yourself not only demonstrates the importance of such behavior to your children, it has the larger benefit of reducing stress for your whole family. Here are some ways to create a more caring and cooperative family environment.

- ❖ Build your child's self-esteem
  - Listen to your children's needs and help them develop their own problem-solving skills. Spend some time each day going over things your child does well.
- ❖ Give some undivided attention every day
  - Some everyday concerns that may cause stress for children are school pressures and desires that they succeed at everything. Give your child a chance to talk about both happy and stressful events in their lives. Show them you understand and care.
- ❖ Have weekly or regular family meetings
  - Give everyone a chance to speak and discuss family activities, routine, and problems. Try not to allow angry or negative attitudes to become a central part of these discussions. Focus on problem solving rather than confrontation.
- ❖ Be proactive
  - Try to use humor, empathy, and strategy more than anger, sarcasm and orders when asking children to do things.
- ❖ Make "home" a nice place to be
  - Provide a feeling of security for your child by establishing some daily routines. Find activities that can be done as a family (make sure those activities are of interest to your child as well as yourself).
- ❖ Show Affection
  - Children need the same kind of love, patience, and understanding that you do. Let your child know that you love them and hug them often.

(Tips: Pamphlets for Parents, 2003)