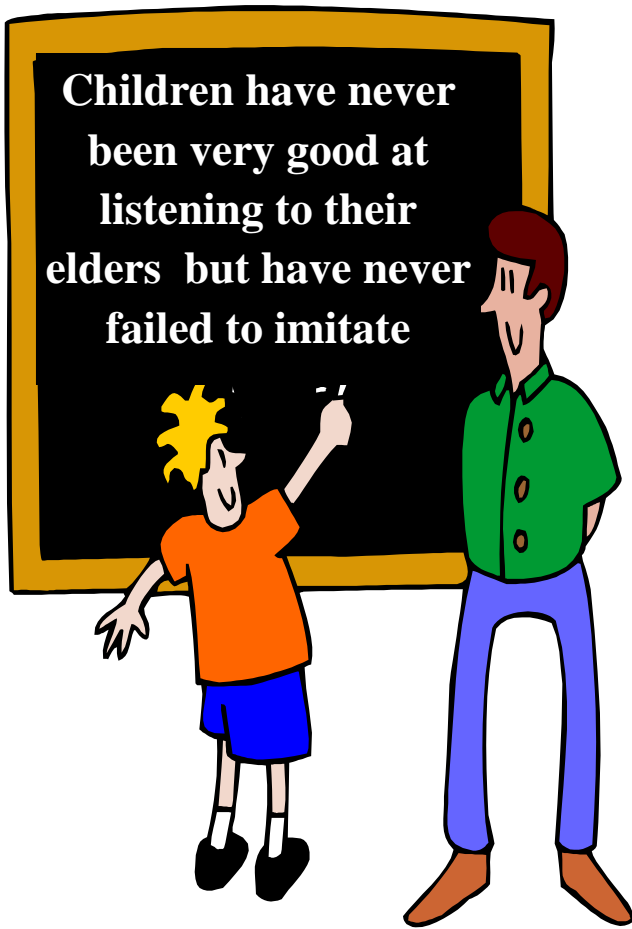


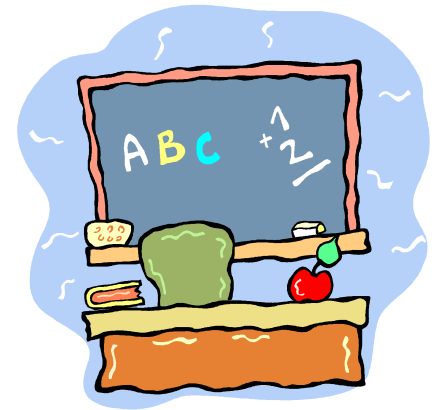
# Lesson #1



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# A B C D E F G H I J K L M N O P Q R S T U V W

**A**ccept your child as the wonderful person he or she is.

**B**e a good role model in all you say and do.

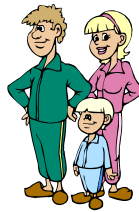


**C**ommunicate respectfully and listen attentively.

**D**iscipline fairly, firmly and with love.

**E**ncourage good eating habits.

**F**ind ways to get and stay fit together.



**G**ive chores that build responsibility.

**H**elp your child learn healthy ways to manage anger and stress.

**I**nstill respect for people and property.

**J**oin parent organizations at school.

**K**eep your promises or don't make them.

**L**augh together and enjoy each other's company.

**M**ake family rules and enforce them with consistency.

**N**ever use physical force on your child.

**O**ffer your help whenever it's needed.

**P**raise your child's achievements as well as their efforts.

**Q**uickly stop your child from any harmful activities.



**R**ead together often and make reading fun.



**S**how patience and remember, nobody is perfect.

**T**each health and safety rules and good character traits.

**U**se every opportunity to say "I love you" and show your love.

**V**alue your child's thoughts and opinions.

**W**ait until you cool down before disciplining your child.

**eX**cite your child about the value of education.

**Z**ero in on practicing good parenting skills every day.

