



RAISING KIDS with CARE:

50 WAYS to help your

WHOLE FAMILY

thrive

- 1 **Take care of yourself first** and you'll take better care of others.
 - 2 **Play and laugh** with your children.
 - 3 **Compliment your kids** on the good things they do.
 - 4 **Let your kids be kids.**
 - 5 **Admit your mistakes** and say you're sorry.
 - 6 **TURN OFF THE TV.**
 - 7 **Ask for help** when you need it.
 - 8 **TRUST YOUR INSTINCTS.**
 - 9 **Meet your children's friends—** and their friends' parents.
 - 10 Accept that you don't have to be perfect; just **be real.**
 - 11 **Set clear boundaries and expectations** for your children.
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- 12 **Ask your kids where they're going** and who they'll be with.
 - 13 **Avoid doing too much;** say no to some requests without feeling guilty.
 - 14 **Eat together as a family** whenever possible.
 - 15 **READ ALOUD WITH YOUR CHILD.**
 - 16 **Be excited** about your child's interests.
 - 17 **Take time** to develop your own special strengths and talents.
 - 18 **ASK FOR YOUR CHILD'S OPINION.**
 - 19 **Spend time alone with your significant other** and your adult friends.
 - 20 **Don't worry** if the house is a little messy sometimes.
 - 21 **Listen to your child** without always giving advice or opinions.
 - 22 Try to **find the joy** in each day.
 - 23 Say no to your child when you have to, but **say yes** as much as you can.
 - 24 **BE CONSISTENT.**
 - 25 **Attend parent-teacher conferences** and other school events.
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- 26 **Continue your own learning—** read a book, go to a museum, or take a class.
 - 27 **Spend regular one-on-one time** with each of your children.
 - 28 Spend some time **by yourself.**
 - 29 **BE SILLY.**
 - 30 **Do volunteer work** with your kids.
 - 31 Make **happy memories** together.
 - 32 **GIVE YOUR KIDS LOTS OF HUGS.**
 - 33 **Balance your needs** with your kids' needs.
 - 34 **Care as much about your own health** as you do about your children's.
 - 35 Tell your kids **how terrific they are.**
 - 36 **PLAY AS HARD AS YOU WORK.**
 - 37 **Ask other caring adults** to spend time with your child.
 - 38 Realize **we never outgrow our own need** for other caring adults.
 - 39 When your child pushes you away, give her or him space, but **don't leave.**
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- 40 Try to see things from **your child's point of view.**
 - 41 **Ask your kids to help** with planning a party or other event.
 - 42 **Talk to your children** the way you want them to talk to you.
 - 43 Nurture your own **spiritual life.**
 - 44 **EXERCISE TOGETHER AS A FAMILY.**
 - 45 Take a deep breath and **slow down** now and then.
 - 46 **Go to your kids' games, performances, and other events.**
 - 47 When you're in a rut, **change something about your routine** to get a fresh outlook.
 - 48 **Surprise your child** with something that will make her or him feel special.
 - 49 **Do the things** that give you energy.
 - 50 **Tell your kids you love them every day,** no matter what.