

## **Healthy Parental Practices**

A suggested guide of ideas to assist in the parenting of children and adolescents. This was created by the SHS PTSA executive board, education committee, and SHS administration.

1. Listen without being defensive, judgmental, or wanting to fix the problem: listening more than speaking
2. Kids need to problem solve and achieve their own solutions
3. Allow children to attempt to problem solve issues with others before stepping in and attempting to take over to resolve them
4. Recognize your child for who they are, and not who you want them to be by having realistic expectations on skills and interests
5. Ask your child how they need your help if at all before acting on bullies/social trouble
6. Allow your child to have age appropriate decision-making autonomy when deciding to do an activity or sport or academic decisions
7. Prioritize and balance life's activities: parents need to lead by example
8. Ask questions to your child about what they want to do (what motivates them? What interests them?)
9. Learn how to help your child de-escalate: teach coping skills to build resiliency: kids need to feel and tolerate stress
10. Understand your own emotional state prior to reacting and speak in a calm, concise, direct manner: count to 5 and think about what you are going to say before you speak
11. Model how to manage anger; have "angry rules" (do not hurt yourself, do not hurt others; do not destroy property)
12. Notice positive things, say positive things, and positively reinforce
13. Find family quality time away from TV/electronics/phone (game night and/or family dinners)
14. Discuss highs/lows of the week and the related feelings to it
15. Try not to give feedback/coaching after games/plays etc. Kids have a coach/director that provides guidance. Parents need to be there to support not fix.
16. Encourage your children to properly answer the phone and engage via the phone with adults/others
17. Take an interest in their interests (music, YouTube channels, etc.) and share your interests; take turns
18. Model compassion through action or by discussing a TV or movie scene
19. Let your child know that if they ever need a ride, they can always call you, no questions asked
20. Have a "safe word" with your child that means immediate pickup if texted or said via phone call

