

Parents New Year's Resolution

Resolve to talk more often with your child about healthy decisions and choices. It's a great idea for the New Year!

10 Resolutions That Show Your Kids You Care

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you – and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

