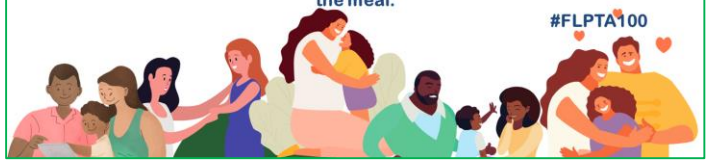
June 2022

Parenting Tips

June 1

Let your child make a grocery list for a favorite meal. They can look through newspaper ads to estimate how much it will cost to buy the ingredients. If old enough, extend this activity to include preparing the meal.

#FLPTA100



Parenting Tips

June 2

Do not store food and household cleaners together. If you have toddlers or crawling infants, keep cleaning products above the floor level, not beneath the sink.

#FLPTA100

Parenting Tips

June 3

Give your child a vocabulary for responding to sexual pressures. Use role playing to give your child the opportunity to practice how they will react to an aggressive date.

#FLPTA100

Parenting Tips

June 4

Teach social skills by explanation and example. Tell your child about the "Magic words" – "Please", and "Thank you", "excuse me" and "You are welcome". Let them hear you use them also.

#FLPTA100

Parenting Tips

June 5

Before deciding that your children are old enough to be left alone, encourage them to share their feelings and thoughts about being alone. Take your child's comments seriously.

#FLPTA100

Parenting Tips

June 6

If you have more than one child, spend time with each child alone. It does not matter what you do, as long as it helps build a bond between you. Create your own special activity for just the two of you.

#FLPTA100

Parenting Tips

June 7

Teach your child that they are responsible for their own actions. Start simply and at an early age by letting them clean up their own spilled milk.

#FLPTA100

Parenting Tips

June 8

Don't wait for your teen to bring up the subject of AIDS. Be sure that they understand that a single sexual contact with an infected person can be enough to give a person the AIDS virus.

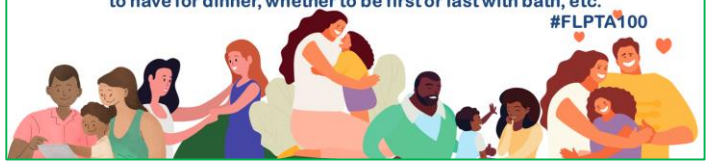
#FLPTA100

Parenting Tips

June 9

To resolve sibling disagreements fairly and easily, assign each child a day – odd and even for two children, every third day for three, etc. On their day, each child decides where to sit in the car, which vegetable to have for dinner, whether to be first or last with bath, etc.

#FLPTA100



June 2022

Parenting Tips

June 10

Demonstrate to your children your own sense of self-respect and self-esteem by taking care of your health through exercise and diet.

#FLPTA100

Parenting Tips

June 11

Send a thank-you note in writing to your child to show your appreciation for their effort, behavior or changes they have made.

#FLPTA100

Parenting Tips

June 12

When talking with a small child, try going down to their eye level. Sit, squat or lie down.

#FLPTA100

Parenting Tips

June 13

Tell your children that they are terrific and that you love them. Sometimes, especially during the teen years, they do not hear that from anyone else.

#FLPTA100

Parenting Tips

June 14

Set up a study area with each child. It should be quiet and well lit. A regular time for homework or reading should help your child with self discipline.

#FLPTA100

Parenting Tips

June 15

Talk with your children about your values. Look for ways to show them examples of what you believe is important to your life.

#FLPTA100

Parenting Tips

June 16

Adults are often influenced by peer pressure, too. Talk to your children about a time when you felt pressure and how you handled it.

#FLPTA100

Parenting Tips

June17

Create a secret I LOVE YOU signal with each of your children. Such as: two squeezes of a hand, touch their nose, give a thumbs up, etc.

#FLPTA100

Parenting Tips

June 18

When you praise your child, tell him/her exactly what they did right. Focus on the behavior. For example, instead of, “You are a good girl,” try saying, “Thank you for putting your toys away so quickly.”

#FLPTA100

June 2022

Parenting Tips

June19

Doing things together as a family helps build closeness and love. Try a picnic, camping, a walk in the woods or park. Talk to each other and decide together whatever works for your family.

#FLPTA100

Parenting Tips

June 20

Put "love notes" in your children's lunch box. Tell them specifically that you love things about them, such as, "Thank you for being so kind to your brother yesterday".

#FLPTA100

Parenting Tips

June 21

Keep rules in your household sensible, enforceable, few in number and well explained.

#FLPTA100

Parenting Tips

June 22

If you have stress or conflict in your life, talk about it honestly with your children. They need to know that such struggles are a natural and normal part of life. It's how you deal with them that is important.

#FLPTA100

Parenting Tips

June 23

Don't put down your child's taste in music or TV: instead, find out what the appeal is and encourage your child to look at the messages. Are they good or could they be harmful? Do they make drinking or using drugs look like fun?

#FLPTA100

Parenting Tips

June 24

If there is a specific newspaper article or comic strip you want your adolescent to read, cut it out and tape it to the bathroom mirror.

#FLPTA100

Parenting Tips

June 25

If you keep guns in our home, always keep them under lock and key with the bullets in a different location.

#FLPTA100

Parenting Tips

June 26

Encourage your child to express opinions freely – even though they may be contrary to your own. They will learn a greater self-expression and develop interests outside the schoolroom.

#FLPTA100

Parenting Tips

June 27

Teach your children The Golden Rule. Do unto others as you would have them do unto you. OR treat others the way you wish to be treated.

#FLPTA100

June 2022

Parenting Tips

June 28

Start teaching decision-making at an early age by giving children choices. Choose between 2 snacks (ones that the parent pre-chooses), choose between 3 appropriate outfits to wear, choose between several foods, books, etc.

#FLPTA100

Parenting Tips

June 29

Teach your children to enjoy recreational activities and develop hobbies and interests. These activities may help them avoid trying drugs to have fun and reduce boredom.

#FLPTA100

Parenting Tips

June 30

Try to spend one night a week together as a family to play board or card games. This helps promote good sportsmanship, reading skills, math skills and companionship.

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