



Ten Traits Worth Considering

1. **Giving the Praise They Crave: Are You an *Affirming* Parent?**
Realistically praise what your child does, and show him that you notice, love, and value him.
2. **Counting to Ten—Again: Are You a *Patient* Parent?**
When frustrated, stay calm and cool and try to see the whole world from your child's viewpoint.
3. **Hearing What They Don't Say: Are You an *Attentive* Parent?**
Listen for the feelings, values, and fears your child does not overtly express and find gentle and meaningful ways to let her know you understand.
4. **Seeing a Picture of Their Future: Are You a *Visionary* Parent?**
Treat your child's dreams seriously and foster a future that will help him actualize what he aspires to do and be.
5. **Building a Better Bond: Are You a *Connected* Parent?**
Create bonding experiences by intentionally fostering activities you both enjoy together.
6. **Commemorating Milestones: Are You a *Celebratory* Parent?**
Communicate a powerful message of love to your child by planning festivities to commemorate developmental signposts worth remembering.
7. **Keeping Your Word: Are You an *Authentic* Parent?**
Use everyday occurrences to “walk your talk” and show your child that you are deserving of her trust.
8. **Creating the Safest Place on Earth: Are You a *Comforting* Parent?**
Instill deep emotional security in your child by maintaining a non-anxious presence and reassuring him that you are always available to talk.
9. **Instilling Wisdom: Are You an *Insightful* Parent?**
Become an “emotional coach” for your child by accepting negative emotions as a fact of life and using them as opportunities to teach life lessons.
10. **Practicing the Presence of God: Are You a *Prayerful* Parent?**
Use opportune times to talk to God together with your child and discuss ways you can pray for each other.