



## Things Families Can Do For One Another



**Say, "I trust you."**  
**Meet eyes when you speak.**  
**Say "please" with your requests.**  
**Say "thank you."**  
**Speak kindly to your child.**  
**Cheer proudly for your kid.**  
**Keep confidence.**  
**Discipline in private.**  
**Let your "no" mean no.**  
**Let your "yes" mean yes.**  
**Ask, "Do you want to talk?"**  
**Listen. Listen. Listen.**  
**Be ready to be there.**  
**Make free time.**  
**Allow mistakes.**  
**Laugh out loud.**  
**Ask, "How can I help you?"**  
**Give and respect privacy.**  
**Welcome your child's friends.**  
**Say, "I'm proud of you."**  
**Set boundaries.**  
**Give clear expectations.**  
**Set attainable goals.**  
**Tell the truth.**  
**Say, "I don't know" when you don't**  
Adapted with permission, National Family Month, KidsPeace

**Make "I love you" the last thing you say every night.**  
**Ask, "How do you feel about . . .?"**  
**Be home when they are home.**  
**Give freedom.**  
**Create rules together.**  
**State limits and consequences clearly.**  
**Implement consequences consistently.**  
**Acknowledge feelings.**  
**Ask for ideas and suggestions.**  
**Celebrate success.**  
**Laugh when you are happy.**  
**Cry when you are sad.**  
**Explain why you are angry.**  
**Accept responsibility.**  
**Use a soft voice.**  
**Hug often.**  
**Catch your child being good.**  
**Stop what you are doing and listen.**  
**Accept no excuses, bargaining, or whining.**  
**Wish your child a "great day."**  
**Keep your promises.**  
**Say, "Good morning!" cheerfully every morning.**

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