

For An Emotionally Sound Family

Ask yourself the following:

Does the time you spend with your child help the two of you get along well? Most of the time that you and your child spend together should be fun and worthwhile. It should also be free from pressure and tension.

Are you aware of what your child is thinking and feeling?

Learn what you can expect of your child. You can do this by reading, watching or talking with others. Give your child room to grow. At the same time, recognize and praise her strengths, accept her weaknesses and respect her feelings.

Are you a good listener to what is on your child's mind?

Encourage your child to talk with you about school, friends and activities. Listen carefully without giving advice or criticizing.

As a parent, do you take care of yourself emotionally as well as physically? You should be leading a healthy personal life. Set aside time for adult friendships, as well as for meeting your own emotional needs.

Do you take moral and social responsibility for your own life? You are an important role model for your child. Show him your values through actions as well as with words.



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Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org