



PARENTING PRINCIPLES:

8 Principles to
Raise Healthy Kids and
Build a Happy Home

CHECKLIST

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Do you want to guide your family with wisdom and love? Do you wonder how to do this effectively? If you implement these principles, you are well on your way to raising healthy kids and building a happy home.

1. Use values and expectations as guideposts

- Choose your family's core values based on your priorities
- Develop expectations based on these values

2. Be a parent, not a friend

- Provide a sturdy structure in order to provide security for your child
- Evaluate your values and decide on boundaries

3. Be firm, but fair

- Equip your child with the ability to take responsibility for her actions
- Provide consequences that make sense according to the undesired behavior
- Discuss setbacks and consequences -- you might gain a new perspective
- Reward your child with praise and appreciation when he exceeds your expectations

4. Mistakes are okay

- While it can be difficult, it's important to allow your children to struggle through hurdles
- Learning through failure is a valuable source of wisdom that can build resilience

5. Kids will be as successful as you believe they can be

- Don't lose hope in your child when he faces repeated setbacks
- If you start to doubt your child's abilities, he will, too

6. Foster a grateful heart

- Talk about gratitude with your family every morning and every night

- There are many benefits of a consistent gratitude practice
- Expressing gratitude for family members strengthens relationships

7. Be active, not passive

- Invest in memories that are enjoyable for the whole family
- Take a risk and learn something new by trying a new activity as a family
- Encourage new hobbies and participate in them with your child

8. Teach emotional intelligence

- Emotional intelligence is an essential part of good social skills

PARENTING PRINCIPLES – CHECKLIST

- Teach by example, get in touch with your own emotions
- Five key elements of emotional intelligence:
 - i. Self-awareness
 - ii. Self-regulation
 - iii. Motivation
 - iv. Empathy
 - v. Social skills