



# Pause for a child

Parenting is one of the most important jobs you'll ever have, despite the fact that children don't come with instructions.

Here are a few tips to help make the time you spend raising your child both meaningful and memorable:

- Be firm, but also loving.
- Be courageous enough to set boundaries.
- Explain your decisions to you children when appropriate.
- Show your child you care through words and actions.
- Do not blame your children for how you are feeling or take your frustration out on them.
- Remember that raising children can be fun! Do activities together, and take an interest in your children's hobbies.
- Get involved in your children's school. Volunteer in the classroom, or help with after school projects whenever you can.
- Appreciate each stage of your child's development. When she is a toddler, push her on the swing. When he is in middle school, take questions about girls seriously.
- Laugh with our children and encourage them to enjoy life.
- Be a good role model. Make sure you follow the rules you want your child to obey.

