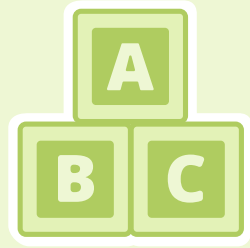
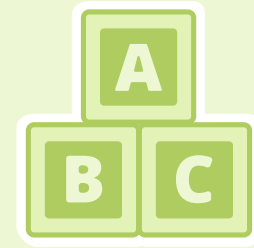


The Building Blocks of Parenting



Safety and love are the foundation of every healthy parent- child relationship. Here are some actions that parents can take to repair and build their parent- child relationship.



- Play with your child in age-appropriate activities.
- Take responsibility for your actions and admit your mistakes.
- Seek outside assistance when needed.
- Support your child's education.
- Know the difference between fear and respect.
- Receive treatment for mental health or substance abuse issues.
- Meet your child's physical and mental health needs.
- Stimulate your child's personal growth and development.
- Model healthy habits and behaviors.
- Provide for your family.
- Recognize that your problems impact your child, be committed to working on them.
- Recognize that domestic violence impacts your child.
- Communicate and listen to your child.
- Understand the developmental needs of your child.
- Respect and accept LGBT teens
- Set limits and discipline your child appropriately.
- Show interest in your child's world.
- Put your child's needs above your own.
- Express love, respect, and approval towards your child.
- Protect your child with special needs.
- Be motivated to be a good parent.

