

Parenting Amidst the Madness
Ten Ways to Keep Your Child Thriving When You Have No Time
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- I. Introduction and overview
- II. Complete at least one hour each week of “special time”
- III. Discover your child’s competencies and give him or her regular opportunity to exercise them
- IV. Monitor your child
- V. Establish enjoyable family rituals
- VI. Practice sound discipline strategies
- VII. Promote health decision making, problem solving and thinking patterns in your child
- VIII. Take care of yourself and your relationship with your significant other and treat all parent figures with respect and dignity
- IX. Emphasize a healthy lifestyle
- X. Establish effective collaborative relationships with other important adults
- XI. Get help if your child is demonstrating problems that have lasted longer than two weeks

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