Working Parents, Thriving Families: 10 Strategies that Make a Difference

Strategy # One: Complete One Hour Each Week of "Special Time" with Your Child
Strategy # Two: Discover, Promote, and Celebrate Your Child's Competencies
Strategy # Three: Monitor Your Child
Strategy # Four: Establish Enjoyable Family Rituals
Strategy # Five: Practice Sound Discipline
Strategy # Six: Promote Healthy Decision-Making, Independence, and Adaptive Thinking Patterns in Your Child
Strategy # Seven: Take Care of Yourself and Your Relationship with Your Significant Other
Strategy # Eight: Emphasize a Healthy Lifestyle
Strategy # Nine: Establish Collaborative Relationships with Other Important Adults
Strategy # 10: Get Help If Your Child is Demonstrating Problems That You're Unable to Fix
Epilogue

Each chapter also contains a strategy, from the positive psychology literature, for a parent to use to promote her or his own happiness and wellness.