

ABC's of Parenting

From Dr. Margaret Delillo-Storey

A – Assertiveness

- Ask questions to your children, do not be afraid of being annoying to them
- Get in their business and know what they are doing and who they are with

B- Believe in Your Kids

- Parents are the one constant in their life
- If you do not believe in them, they won't believe in themselves, then they will turn to their peers and look to them for the answers
- Make sure they know that no matter what you love them

C- Consistency

- Disciple, and be consistent about it. Don't threaten with consequences you know you cannot follow through with
- Teach them to do the right thing when no one is looking- that is what character is all about

D- Daily Interaction

- Talk and interact with your children every single day

E- Embrace the Journey

- Educate yourself on what is out there and what your kids are doing
- Teach them how to fail, and that it is ok to fail. Learn from your mistakes so then you will know how to succeed
- It is ok NOT to be #1

F- Faith Family and Fortitude

- Without Faith- we have nothing, not even our existence
- Family is everything. It teaches connectivity
- It is the first place children learn how to communicate, and they model behavior they see

G- God and Goodnight

- ALWAYS kiss your kids goodnight, even if they are sleeping

- **ALWAYS** teach them God is the center **ALL** the time, and model it
- We need to make sure we practice what we preach

H- Humor and Hugs

- You have to be able to laugh and have fun
- Hug your children all the time, they need it
- You can never squeeze them too tight

I- Intentionality

- Be intentional in what you say and what you do

J- Just Do It

- Trust your gut, if something doesn't feel right it probably isn't
- Don't worry if your kids are going to be mad at you. If you have to call their friend's parents to make sure they are there or if you have to take away their phone – just do it

K- Knowledge

- Educate yourself- who are their friends, what activities do they like
- How are they doing in school, and not just academically, are they being respectful and kind to others
- School is more than just grades

L- Love

- Love no matter what- even when you are angry, tell them you love them

M- Motivate Them

- Encourage them, motivate them to do something other than sit on their phone or play video games
- Motivate them to step away from technology and go out and **DO** something
- What do they like, what are they good at

N- Never, Never Make Them Feel Less Than

- Even when you are disappointed, show love in actions
- If you do not, who will

O- Optimistic and Open-minded

- You want your children to come to YOU first when something is wrong
- You want them to be able to trust you and be open with you
- It is ok to be disappointed in their actions, but still love them

P- Parent Like It Is Your Last Day

- What would you want your child to hear you say, what would you want them to remember you doing

Q- Quit Making Excuses

- If your kid was wrong, your kid was wrong
- Don't blame everyone else, take a look at what you are doing and see if you can change any of that for the better
- Influence is huge, but no one can MAKE someone do something
- Kids are more likely to make good choices if they have parents that are there, that love them, and who are optimistic and open-minded

R- Resiliency

- Help your kids to be resilient
- Teach what is bullying and what is not ("your shirt is ugly" is not bullying)
- "Zero tolerance" does not mean zero occurrence. When adults know about it they will deal with it
- Most bullying does not happen on school time, it happened between midnight and 4 am
- Get their phones out of their rooms at night
- When a phone pings at night it wakes the brain automatically
- Teach kids how to bounce back and not let things defeat them
- If a child does not know how to fail, they will not know how to succeed

S- Superficiality

- Don't be superficial with your children
- Be honest
- Ask them questions that make them talk and have a conversation. Not just "How was your day?" – Good; But ask "What made today good" "Why was today better than yesterday"

T- Tolerance

- Must have a tolerance for how our kids think and feel
- We do not have to agree with their thoughts, but to keep the door of communication open we need to have tolerance for their explanations

U- Be "User Friendly"

- "I got your back. I may not like your actions, but I will listen and I am here for you"
- Drop everything when your child wants to talk
- Even if you are in the middle of a text or cooking, look them in the eye and give them all of your attention.
- It shows them they are the most important thing in that moment

V- Values

- Always reinforce your family and Christian Catholic values
- Model them at home for your children
- Teach them to be selfless and think of others first
- You have to give a message 10-15x/day in order for it to sink in

W- Wellness

- Keep yourself well- who do YOU talk to if you are sad or upset or worried
- Do you have someone to go to when you are down
- Who is your support system

X- "X" traordinary

- Always teach your children how extraordinary they are
- Every kid is!
- Find out what makes them special and point it out, do not pick out all their flaws

Y- Y-Not

- When they say "I can't" say "Why not" or "I don't understand" say "Why not"
- Learn to understand their thinking, make them talk to you
- Have a no technology zone in the house, like the dinner table, and stick to it

Z- Zest

- Always have a zest for your children and for life
- If you do not have an excitement for them, no one else will either

Helpful Tips

- We need to teach our children how to communicate, and not through a phone with texts and emojis. Need to have them experience face to face interaction.
- Family Faith and Community are the most important. It teaches connectivity and is important to build children's character
- Many people ask how are we going to deal with this technology/social media issue with our kids- look in the mirror, you gave them access to it so how are you going to deal with it
- If you child has a phone and access to social media it is now your part time job to monitor it every day
- Set up parental controls, limits, no devices in bedrooms
- No device 1 hour before bed because it delays natural melatonin effects
- Log in AS YOUR CHILD onto their social media account to monitor activity
- Don't be afraid to upset them, you are the parent and children need limits
- Children need to understand their effects of what they post, would they say what they are typing to someone's face
- As a society we need to be more open to mental illness. Just as someone has diabetes because their pancreas is not working properly, the brain is an organ of the body as well
- Depression is an illness, not a character flaw
- Opendns.com
- Qustodio.com
- Everything you download on your phone, stays on your phone...even snapchat
- Can plug phone into a computer and in DCIM folder everything that was deleted will still be in this file
- mSpy to monitor kids snapchat
- Free app: "Qustodio" sets time limits on your child's phone. It also gives parental controls and shuts down at certain time