## TRUST AND RESPECT Acknowledge children's right to have own feelings, friends, activities and opinions • Promote independence • Allow for privacy • Respect • Be dependable. feelings for other parent PROVIDE CARE Believe your children. **PHYSICAL** FOR YOURSELF SECURITY Give yourself personal time Keep yourself healthy Provide food, shelter, clothing Maintain friendships Teach personal hygiene and · Accept love. nutrition • Monitor safety • Maintain a family routine • attend to wounds. **NURTURING CHILDREN GIVE AFFECTION** PROVIDE DISCIPLINE Be consistent • Ensure rules are Express verbal and physical affection appropriate to age and development • Be affectionate when your children are physically or emotionally hurt. of child . Be clear about limits and expectations • Use discipline to give **ENCOURAGE GIVE TIME** instruction, not **AND SUPPORT** Participate in your punish. children's lives: activities, Be affirming • Encourage school, sports, special events children to follow their interest • Let children disagree with you • Recognize improvement • Teach new skills • Let them make mistakes. CARE FOR YOUR CARE FOR YOUR and days, celebrations, friends

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