



### Parenting Tips

1. Spend some time each day quietly reflecting on how you would like to relate to yourself and your child.
2. Remember that all human beings have the same needs.
3. Check our intention to see if we are as interested in others getting their needs met as our own.
4. When asking your child to do something, check first to see if we are making a request or a demand.
5. Instead of saying what we DON'T want from our child, say what we DO want.
6. Instead of saying what we want our children to BE, say what action we'd like them to take.
7. Before agreeing or disagreeing with your child's opinions, try to tune in to what they are feeling and needing.
8. Instead of saying "No," say what need of yours prevents you from saying "Yes."
9. If we are feeling upset, think about what need of ours is not being met, and what we could do to meet it, instead of thinking about what's wrong with others.
10. Instead of praising your child for doing something you liked, express your gratitude by telling them what need of ours that action met.

[Phone for upcoming workshops Glyn P: 9984 0339](#)

**KEYSTONE**  
**interaction**  
**S K I L L S**