



5 ways you can be a **ROLE MODEL** for your children today!

Parent by example. This is probably the best, simplest and most all-encompassing parenting advice you will ever get. Whether you're teaching an infant how to eat solid foods or struggling to communicate with your teenager, setting a positive example for your child is the best way to draw the best out of your children.

Why does role modeling work?

Our children learn by watching the things we do and listening to the things we say. Think about how your child learned to talk: little by little, word by word, by listening to those around him. A child's behavior is learned in the same way.

What can I model for my child?

1. Respect

How do you talk about and treat your family members, neighbors and even yourself? Would you say hello on the street or hold a door for someone? Your child is learning how to value other people and institutions by watching your example. She also takes cues on self-worth from you.

2. Communication skills

Do you wish your child would talk to you more? Or choose to speak instead of scream? Consider your own use of words...do you use them to hurt, criticize or argue with others? Do you listen to your child without interrupting? Be mindful of how and when you communicate.

3. A positive outlook

Is your child convinced he's going to fail a class, not make the team or lose a friend? Consider the energy in your own home. Do you focus on the positive? The next time you burn dinner, think before reacting. Then remember to laugh and suggest you feel lucky for the chance to order out.

4. The value of health

Are you struggling to get your child to eat healthier foods or stop watching so much TV? Show them how! Sit down and share healthy meals and snacks with them, reduce your own TV time and plan outdoor activities you can do *together*, like a walk in the evening or a bike ride.

5. Anger management

Is your child quick to lose his temper, throw a tantrum or cry out of frustration? Responding to stress, anger or hurt feelings is a valuable tool that you can model for your child. When faced with a challenge, try to remain calm, take a deep breath and talk through the issue.

Keep this in mind:

Teaching by example is often easier and more effective than forcing children to obey rules by scaring, threatening, or tempting them with rewards.

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