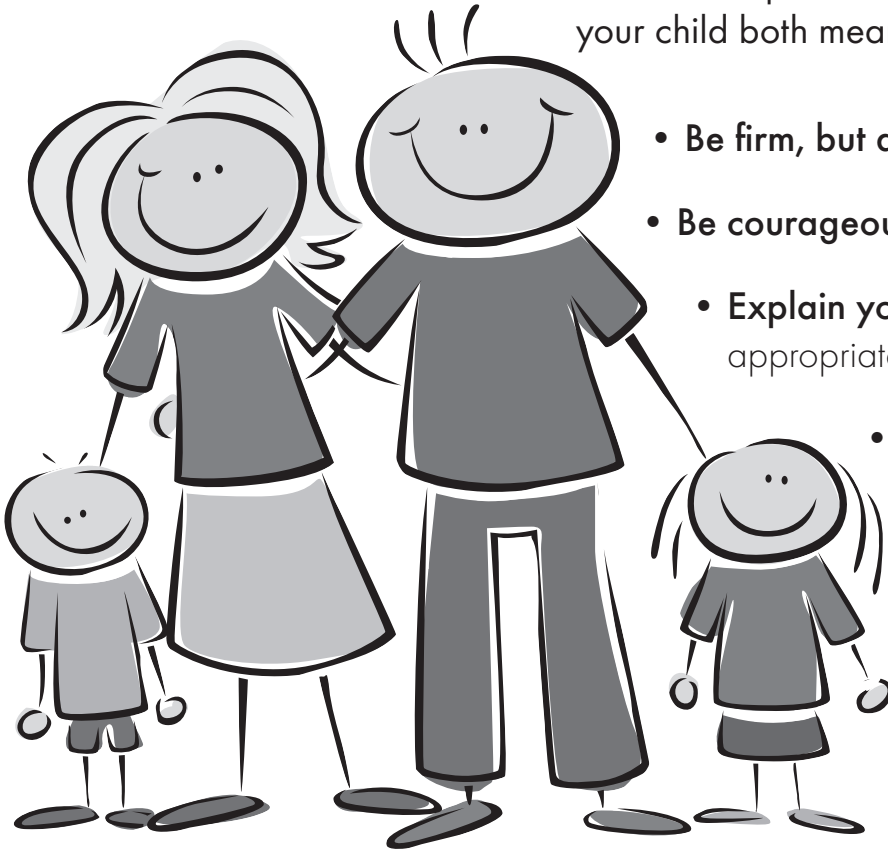


Parenting Wisely and Well

Parenting is one of the most important jobs you'll ever have, despite the fact that children don't come with instructions.

Here are a few tips to help make the time you spend raising your child both meaningful and memorable.



- **Be firm, but also loving.**
- **Be courageous** enough to set boundaries.
- **Explain your decisions** to your children when appropriate.
- **Show your child you care** through words and actions.
- **Do not blame your children** for how you are feeling or take your frustration out on them.
- **Remember that raising children can be fun!** Do activities together, and take an interest in your children's hobbies.
- **Get involved in your children's school.** Volunteer in the classroom, or help with after school projects whenever you can.
- **Appreciate each stage of your child's development.** When she is a toddler, push her on the swing. When he is in middle school, take his questions about girls seriously.
- **Laugh with your children** and encourage them to enjoy life.
- **Be a good role model.** Make sure you follow the rules you want your child to obey.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)