

# A PARENT'S GUIDE TO RESPONSIBILITY



- Do what you are supposed to do.
- Persevere. Keep on trying.
- Always do your best.
- Use self-control.
- Be self-disciplined.
- Think before you act. Consider the consequences.
- Be accountable for your choices.

## WHAT YOU CAN DO AT HOME

- Give your child a chore to do. Teach them how to do it again and give them a deadline to complete it, then expect your child to be responsible in doing the task. Thank them after they do it.
- With your child, establish a regular method for him/her to complete homework and have what is needed for school.
- Set family goals. Have each member of the family complete the following sentence and post it where it will serve as a reminder: I will show that I am responsible by: \_\_\_\_\_

## PARENTS CAN PROMOTE RESPONSIBILITY

- Give youngsters tasks at home to accomplish.
- Focus on effort and a positive attitude rather than over-emphasis on outcome.
- Applaud courageous decisions where the pull to the wrong thing was avoided.
- Take ownership for mistakes.
- Develop high expectations and link consequences to poor choices.

## FOR YOU TO CONSIDER

Everything we do makes a difference. What we say and what we do starts a chain reaction that affects the lives of others. Choosing NOT to choose is a choice.

## TO HELP YOU TEACH THE SIX PILLARS

Focus Area: TV & Video Games

In 1996, a typical child watched 25,000 hours of television before his or her 18th birthday. Judging how much television and what shows are best for your family is one of the largest responsibilities of current parenting.

Consider these suggestions:

- Decide upon the amount of TV/video games you allow.
- Watch with your child, discuss what you see and hear on TV and ask questions that encourage the child to think about what he or she is watching in terms of the Six Pillars.
- Explain the purpose of commercials.
- Limit the amount of violence watched and discuss violence with him or her.
- Turn the TV off after the programs you have selected are over.
- Set a good example. Limit adult TV time, too.

"A child is the only known substance from which a responsible adult can be made."

-Anonymous