10 Resolutions That Show Your Kids You Care

1. Teach your children to trust you by seeing you as a role model.

2. Be patient, not just tolerant. Apologize when you make a mistake, or do something that you regret.

3. Ask teens what they need from you – and do whatever you can to meet those needs.

4. Listen to your teens...a lot. Avoid interrupting.

5. Teach your children about the ethics, values and principles they can apply in their own choices and decision making.

6. Help them discover the feeling of gratitude, not just to say thank you.

7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen to understand the circumstances or choices that prompted you to change your plans.

8. Answer your teen’s questions, and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.

9. Be understanding when they have a difficult time and let them know you will love them no matter what.

10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.