

LOOKING IN THE MIRROR (FOR PARENTS ONLY)

1. Do I spend quality time with each of my children?
2. Do I listen carefully to what they say?
3. Do I take time to enter their world, ask them questions, know their friends, and know what is important in their lives?
4. Do I often tell them what I like about them and the strengths I see?
5. Do I praise and appreciate more than I criticize?
6. Do I go out of my way to do something special for my child?
7. Do I often take my own frustrations out on my child?
8. How often do I say something to hurt my child's sense of self-worth?
9. Do I take time to be friend instead of always correcting and directing?
10. Do I take time and patience to teach my child new things?
11. Do I touch, hug, hold and kiss my child?
12. Do I say "I love you?"
13. Do I take time to teach moral values?
14. Do I set a good example myself?