

10 RULES FOR PRODUCTIVE & POSITIVE PARENTING

1. **Never argue with your children.** Your arguing means they win. Does your boss argue with you? Why not?
2. Always **stay calm** when talking with your children to teach your children to cope with problems calmly. Anyone can teach your children anger, whining, blaming, and damning. Let others model the wrong way for your children to respond to adversity.
3. Give your children **equal doses of love and discipline**: NOT just one or the other. If you got too much or too little of one or the other—do NOT then blindly do either the same or the opposite as most parents do. Instead, practice both equally well.
4. Your job is to help your children **find direction and self-control**. Yes, it is even okay and a good idea to purposely frustrate your children—if your intention then is to help your children learn to problem-solve and cope with that frustration.
5. **Motivate** your children with life missions and-or service to God. Stop using ego (pride or shame), money (presents), or pleasures. Teach them to motivate themselves with goals.
6. **Don't don't**. Use positive scripts, directions, expectations. Don'ts put the wrong idea into their heads NOT the right one.
7. **Teach boundaries** (individuation, independence, separation, space) and responsibility: self-reliance, self-determination.
8. Teach your children **emotional responsibility (ER)**. This empowers your children and ends the blame game.
9. Help your children learn to **run their own mind** and never try to run their mind for them: inner-directed vs. outer-directed.
10. Teach the way of society: **reciprocity**. Give a “want” for a “want” and a “don't want” for a “don't want.” Whenever your child asks for something, you ask something from them.

“Paradoxically, even though parenting is the hardest and most important job there is, parenting is also the job with the least education, requirements, and training.”—Kevin Everett FitzMaurice

“A parent owes their children three things: example, example, example.”—Anonymous

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