



CENTRE COUNTY PREVENTION COALITION
A SAMHSA Supported Drug-Free Community Coalition
Led By Centre County Drug and Alcohol



January 2009 – Parents’ Resolutions for the New Year

Dawn Taylor is the Community Mobilizer for Care Partnership Centre Region *Communities That Care*. This weekly column, published on Wednesdays, is a collaboration of Centre County *Communities That Care* serving Bald Eagle, Bellefonte, Penns Valley, and Philipsburg-Osceola Area School Districts, and Care Partnership: Centre Region *Communities That Care* serving the State College Area School District.

Being a parent is not an easy job. It is helpful for parents to have support from their community and to know that they are not alone in raising their families. The two Communities That Care groups serving Centre County are committed to working together to provide resources to help strengthen families, including the practical guidance offered in this weekly column. This week, we offer these resolutions suggested by the Children’s Trust Fund to help parents lead, guide, and teach their children throughout the coming year (www.onetoughjob.org/seasonal.aspx).

Spend meaningful time with your child. Most parenting experts agree that children spell love T-I-M-E. Spending quality family time together helps kids develop a positive self-image and a sense of belonging, usefulness, and purpose.

Be a good listener. Listening is one of the most important skills a parent can develop. It leads to open communication which is key to building strong families and helping children make healthy decisions. A tip for parents...listen, listen, then listen some more.

Be in touch with your emotions and express them in healthy ways. Through your actions and words, show your child it is important to be respectful of others. Set good examples on how to express love and caring. Learn how to handle anger and other emotions appropriately so that you can be a good model.

Keep your promises. Kids need to know that they can count on you. Do your best to keep the promises you make.

Discipline with love. Children need loving discipline, not angry punishment. Set clear rules about appropriate behavior and consequences. Follow through calmly with consistent consequences.

Show affection. Through your actions and words, let your child know you love them every day. Research has shown that parent-child warmth is related to positive outcomes for children from higher self-esteem to fewer behavior problems

Be a good teacher and role model. You are your child’s first and more important teacher. Teach your child about right and wrong. Help your child make good choices by making good choices yourself. Do not engage in illegal, unhealthy, or dangerous practices related to alcohol, tobacco, or illegal drugs or your child may believe that these practices are acceptable, no matter what you say.

Get involved in your child's school life. Research shows that children do better in school when parents talk often with teachers and become involved in the school. Ask your child about school every day. Help with homework. Attend school events.

Connect with other parents. Get to know other parents and seek their guidance. Discuss your children's activities and your expectations for their behavior.

Take the best possible care of yourself and your children. Take good care of your children by ensuring they eat nutritious food, are active, and get enough sleep. Take good care of yourself in the same way.

Care Partnership: Centre Region *Communities That Care*
Serving State College Area School District
Dawn Taylor, Community Mobilizer
814-237-6191
dtaylor105@gmail.com
Web address: carecentreregion.org

Centre County *Communities That Care*
Serving the School Districts of Bald Eagle, Bellefonte, Penns Valley, and
Philipsburg-Osceola
Elizabeth Eckley, Community Mobilizer
814-404-9511
centrecountyctc@yahoo.com
Web address: centrecountyctc.org