

# THE BUILDING BLOCKS OF PARENTING™

## I AM ESSENTIAL TO MY CHILD'S LIFE SUCCESS

I intentionally practice 6 ideas to strengthen my children's well-being.

*If not me, who? If not now, when?*

### 1 MY CHILDREN WILL SUCCEED BY TRYING HARD AND NOT GIVING UP

- I praise my children for their efforts so they don't give up.
- I teach them that you can learn a lot from mistakes.
- I explain to my children that they have to do their best, in and out of school.

### 2 I USE EVERYDAY MOMENTS TO PROMOTE LEARNING WITH MY CHILDREN

- I read with my children daily and ask them about the content of the story.
- I have fun with my children. I sing songs and play games with them.
- I count out loud with my young children.

### 3 MY WORDS HAVE A POWERFUL EFFECT ON MY CHILDREN

- I talk with my children warmly and listen attentively to develop a close bond with them.
- I share my culture and values with my children through stories and mementos.
- I talk to my children throughout the day about chores I'm doing.
- My child and I take turns talking and listening during our conversations.

### 4 MY FAMILY EATS TOGETHER, GETS ENOUGH REST, AND EXERCISES

- My children get to bed early and at the same time every night.
- I exercise regularly with my children outdoors.
- I limit my children's time watching TV or using electronics (smart phones).
- We eat healthy meals, together as a family.
- When I'm feeling stressed, I take a deep breath, talk to another adult, or go for a walk.

### 5 I STAND UP FOR MY CHILDREN AT SCHOOL

- I make sure my children go to school every day ready to learn.
- I help my children with their homework.
- I stay informed about school by attending cafecitos and school performances, and by being engaged during parent-teacher conferences.
- I work with my child's teacher to make sure we understand how we can both support his learning.

### 6 I STAND UP FOR MY CHILDREN IN THE COMMUNITY

- I make sure my children receive the services they need at the clinic, in community agencies, and in government offices.
- When I need information for my children about food, health insurance, and other services, I visit a local community agency or call 2-1-1.
- We regularly use community resources such as libraries, museums, parks, and other recreational spaces.



**Grail Family Services**

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