

Ten Tidbits of Wisdom for Parents

by Maryln Appelbaum (Mother) & Marty Appelbaum (Son)

- 1. Always remember that being a parent is the single most important job you will ever have in your life.** Your influence is great throughout the lives of your children from infancy through adulthood.
- 2. Children need love like roses need sunshine.** They need to be nurtured and clearly shown that they are loved and cared for.
- 3. Children learn much more from what you do than what you say.** Be everything you want your children to be. That is a gift you give to your children.
- 4. Think before you speak.** Children's brains have a "tape player" within their minds that is set on "record," recording every word you say. In times of stress as adults, they will play it back. Make sure they hear words like, "You can do it." "I believe in you." and "I'm so glad you are my child."
- 5. Children need structure, routine, and consistency.** This provides safety and security. It is vital that you and your spouse or anyone else living in your home are all on the same page. If there is an ex-spouse, this person needs to be on the same page too. It also means that when you say something, you need to follow through. This teaches children to respect what you say.
- 6. Live your life with the values you want your children to have.** Integrity, honesty, courage, morality, do not come naturally. They are learned behaviors.
- 7. Be careful of media.** The influence is powerful. When the television is on all the time, it becomes an important "member" of the family unit, a role model to copy. Protect your children. They deserve it.
- 8. Teach children to make appropriate choices.** Begin small. Too many choices at one time are overwhelming. Start with two choices. "You can have ____ or _____. Which do you prefer?"
- 9. Follow through.** When you say something, follow through. This teaches children to respect you and that your words carry "real" meaning.
- 10. Take care of yourself.** The more you take care of yourself, the better you will be able to take care of your children



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