

## 10 New Year's Resolutions That Show Your Kids You Care

*Resolving to talk more often with your child about healthy decisions & choices is a great idea for the New Year. Consider:*

1. Teach your children to trust you by being a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you – and do whatever you can to meet those needs.
4. Listen to your teens -- a lot. Talk *with*, not just *to*, and avoid interrupting and judgement.
5. Teach your children about ethics, values, and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just reflexively saying thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Have ongoing conversations with your kids about the risks of marijuana, alcohol, and drugs – be clear about values, expectations, and consequences.

*---Amended from TimeToTalk.org*

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