

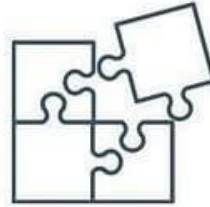
Things we model for our kids, whether we realize it or not...



how we
handle mistakes



how we deal
with frustration



how we solve
problems



how we take care
of ourselves



how we
apologize & repair



how we ask
for help



how we "speak
up" for self &
others



how we
navigate conflict



how we approach
differences



how we care
for animals



how we care for
our environment



how we
listen

Summer often brings families more time to be together, have fun, and grow together. Parents tend to spend the most amount of time with their children, and therefore can be ideal role models for their kids. We encourage everyone to seize this summer to consciously be a great role model for your child.

Here's why: A mother as a role model or a father as a role model helps shape a child's future.

- Your child usually spends most of his time with you. They learn a great deal from you, so inspire them.

- Your attitude towards sports, academics and all other aspects of life impact your child's choices too.
- Your friendships help determine who your child will be friendly or hang out with.
- Your lifestyle choices influence your child's choices too.
- Your relationship with your relatives and your spouse also shapes how your child will develop his own relationships in the future.

To be a role model, you don't have to be perfect. So... how do we become the best role models we can? It's actually pretty simple:

1. Begin Early: young kids are very impressionable, and they dwell on the feelings of their heart and mind even if they don't yet have the words to communicate well. Model your values... it's often the best way for children to learn.

2. Listen: young children have a whole lot to share with you on a daily basis, so be sure to be a good listener! We often talk to our children, but our children need to be heard too.

3. Give unconditional love: one of the best ways of nurturing a positive and happy child is through unconditional love and care. Love is not only hugging your child, feeding him or clothing him. Love is when you show interest in your child's life and show your child that you care. Sometimes, your sheer presence can do wonders to your child's self-esteem and confidence.

4. Be Positive: one of the best things you can express towards your child is positivity. Your child observes you; if you stay positive during tough or trying times, it's likely that your child will adopt the same responses. Positivity does not mean being unrealistic, instead, it means to take everyday difficulties as challenges and deal with them.

5. Be Encouraging: every child is unique and blessed with different strengths and abilities. As parents, value your children's qualities and keep encouraging them for their efforts and endeavors.

6. Set Goals: setting goals, and helping your child implement and achieve them are some of the important aspects of raising children. Whether it's about academics or behavior, set expectations high and encourage your child to follow his hopes, dreams and goals.

Remember: you don't have to be perfect to be a great role model for your child. Your child just needs your unconditional love, support, and guidance to be healthy, happy, and successful. Keep it simple, keep it real, and have a great summer!