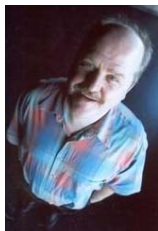


Parenting

- A**ffirm constantly
- B**e there when needed
- C**hoose your battles
- D**are to discipline
- E**ducation comes in different forms
- F**amily traditions
- G**o the extra mile
- H**ugs – 3 a day for maintenance
- I**ndependence is natural
- J**ustice is important
- K**now your child
- L**isten actively
- M**otivate not manipulate
- N**ever say what you are not prepared to do
- O**penness is crucial
- P**repare them for adulthood
- Q**uality time comes out of quantity time
- R**espect is a two way street
- S**upport them through their tough times
- T**ake your wind out of their sails
- U**nconditional love
- V**alues are caught not taught
- W**orld's apart – things are not what they were
- X**-rated needs to be on-limits
- Y**ou are the parent, they are the child
- Z**zzz's – sleep easy you've done your best!



About Nigel

Nigel has been paid to work with young people since 1991 and did it voluntarily before then. He actually believes he hasn't been to work since then because he enjoys himself so much. He is available for private consultation and coaching as well as having resources available e.g. **Understanding Teenagers A-Z**.

Teencoach - Helping Young People Find A Better Way

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