



## **A NEW YEAR IS A PERFECT TIME TO SET GOALS AND RESOLUTIONS!**

- Be patient. In our fast-paced lives, it is tempting to be hurried, to rush through relationships and the daily tasks of life. Take time to be in the moment, to appreciate differences, to offer regret for mistakes made.
- Listen. We have two ears and one mouth for a reason. Don't rush to fill in silence or "fix" a problem for our children. Avoid interrupting. Ask engaging questions.
- Model good decision making. Talk about values and ethics. What principles do you stand by when making decisions at work, home and play? Speak your thoughts out loud as a way of teaching children good decision-making skills.
- Answer your child's questions and be consistent. While life changes around us, it is our home and family that can create a strong foundation.
- Be diligent. Have ongoing conversations about the tough topics like drugs, alcohol, tobacco and violence. Share often your hopes and dreams for your child's future.

## **Parenting *is* prevention**

A graphic consisting of a large grey oval and a smaller white oval with a black outline. The number '# 4' is written inside the white oval.

**# 4**

**Parenting for Prevention Tip # 4**

**Brought to you by the Lincoln Prevention Coalition**