

THE PURPOSE OF PARENTING

To PROTECT and PREPARE children to SURVIVE and THRIVE in the kind of society in which they will live

5 ESSENTIAL QUALITIES OF CHARACTER

Respect • Responsibility
Cooperation • Courage
Self-Esteem

That which gives stability to character

BALLAST

YOUR CHILD'S BRAIN

The brain's **higher functions** aren't fully developed until age 25.

- Sound decision-making
- Regulating emotions
- Considering consequences
- Self-awareness
- Empathy
- Morality

CHILDREN'S BRAINS AREN'T "DONE" YET!

(This helps explain why children act like such... children.)

WHAT YOUR CHILD NEEDS FROM YOU

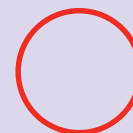
- Help building skills
- Help building character
- Discipline & support

Self Care is not selfish!

EVERY DAY A LITTLE PLAY!

STYLES OF PARENTING

The Dictator



Limits without freedom

The Doormat



Freedom without limits

The Active Parent

- Influence, not Control
- The Method of Choice
- Mutual Respect



Freedom within limits



Freedom within EXPANDING limits