ABCs of Practical Parenting

A  Accept your child as an individual.
B  Be aware of your child's daily activities.
C  Catch your child being good.
D  Define family rules and enforce them consistently.
E  Encourage physical activity.
F  Foster a positive relationship with your child's other parent.
G  Give praise for accomplishments and efforts.
H  Have family meal time.
I  Instill in your child a sense of pride and responsibility for self, family, and community.
J  Juggle work and family successfully.
K  Know normal behaviors for your child's age.
L  Listen to your child's words and watch his or her actions.
M  Manage your family finances effectively.
N  Never make promises you can't or won't keep.
O  Offer healthy eating choices.
P  Provide a safe home environment.
Q  Quickly redirect misbehavior.
R  Require reading as a fundamental activity.
S  Spend quality time together.
T  Talk to your child using his or her love language.
U  Use teachable moments.
V  Value your role as a parent—the most important role you'll play.
W  Watch what you say and do because your child will.
X  Xhbit patience as you parent.
Y  You matter, so take care of your heart, mind, body, and soul.
Z  Zero in on all of the above.