



LIFE MANAGEMENT ASSOCIATES, LLC

PARENTING CRITICAL FACTORS

LOVE: Children need above all else to feel loved. Everything else that we try to do with our children works much more easily if children feel love. We need to show the love at neutral times: hugging our children, telling our children “I love you” , “You are such a nice person.” This is very different from praise, which is helpful but can be conditional. We need to give our children the belief/feeling that we love them just because they are here and breathing.

LIMITS: Each child must have limits. As much as possible we need to set limits before incidents occur. The child should know that when they cross the limit there will be a consequence “a change to learn and a reminder to you the next time this comes up.” The consequences could be relatively immediate, relatively brief and meaningful.

MODELING: “Children learn by observing not through lectures.” We simply must model respect, caring, emotional control, and rule following. It will not work to do otherwise.

MONITORING: We need to monitor our children’s schoolwork, friendships, and activities. To do so is a sign of caring and vigilance. Educators and law enforcement personnel, who deal with children in trouble, bemoan the lack of parent involvement and supervision in those children’s lives.

Sincerely,

Jeffrey A. Watson, M.Ed., LCPC, LMFT, NCC
Guardian ad litem

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