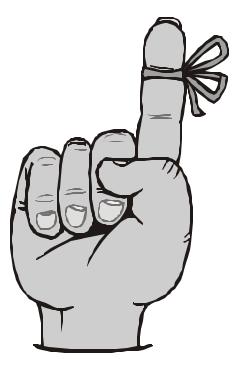
RAISING KIDS WITHOUT RAISING CANE

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THE SEVEN GOLDEN RULES

1. Always have children's attention when talking and give them all the information necessary to do what is expected, appropriate to their level of understanding.

2. Provide the right information so children know what you want. Provide feedback to let children know they are on the right track to help the desired behaviour get repeated.

3. Praise is necessary but not sufficient. To facilitate healthy self-esteem provide generous amounts of valuing, opportunities to develop competency, opportunities for doing good deeds, and structure.

- 4. Spare the rod, but not the consequence. It is OK for children to pay for behaviour that is unacceptable, potentially dangerous or harmful.
- 5. Negotiating offers a process where both sides can come away winners. Sometimes parents have to remember to let go a little.
- 6. Be aware of how you are interacting with others in the home. Children are more aware than we sometimes realize. Children will always learn more from what we do than what we say. Parents are not really gods. Sometimes parents need help too.
- 7. Factors beyond the immediate scope of the family also impact heavily on children's development. To help our children, we must also work to create a better world.