

The Online Parenting Newsletter vol.7 no.1 Jan, 2006:

#### NEW YEAR'S RESOLUTIONS FOR PARENTS

Five years ago the ParentKidsRight January Newsletter was entitled "Parenting Resolutions" and contained 13 resolutions for parents to adopt. (Check the Newsletter Archives at [ParentKidsRight.com](http://www.parentkidsright.com).  
<http://www.parentkidsright.com/archives/v2n1.html>

This year I will be briefer. The topic of my suggested New Year's resolutions for parents is TIME.

When school age children are surveyed guess what they want most. Not a new video game but MORE TIME WITH THEIR PARENTS.

Parenting Resolution #1:

"I resolve to SPEND MORE TIME WITH MY KIDS. I know I am busy, I know family scheduling is horrific sometimes, but every day I will spend ATTENTIVE TIME with each child which means I will be totally PRESENT and focused on that child, not thinking about something else."

The wise parent will also spend lots of what I call present-but-not-always-interacting time with their children. They involve the children in chores so the family can be together even if it's easier to plunk the kids in front of the TV while cooking dinner. The wise parent uses this kind of time to teach their children by talking to them, asking questions that make the kids think, showing them how to do things like toss a salad.

The wise parent makes the most of their time with the children by multitasking. A family walk gives you time together plus exercise.

Parenting Resolution # 2:

"I resolve to take a PARENTAL TIME OUT whenever I am reaching my personal boiling over point."

The wise parent knows how awful kids feel when a parent explodes at them. I know that it was never what my kids did that generated my boiling over, it was how I felt inside. Once I realized that I could monitor my feelings and say, "I need a time-out from you kids, be back in a few minutes."

Happy 2006!