

# Parents TOGETHER

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by

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## **10 Ways to Do Less and Accomplish More as a Parent**

- 1. Let your Children learn to play by themselves.**  
Goal: Self-Reliance and Self-Confidence
- 2. Teach them to clean up their toys and clothes.**  
Goal: Personal Responsibility, Self-discipline and Organization
- 3. Don't Schedule too many play dates.**  
Goal: Managing their own lives and time for Solo Pursuits
- 4. Expect your kids to start their homework on their own.**  
Goal: Facing Challenges, Learning to Struggle and Focus
- 5. Make just one meal for dinner. Don't be a *Short-Order Cook!***  
Goal: Flexibility, Cooperation (and Good Eating habits)
- 6. Let your kids learn to entertain themselves. (Without electronics!)**  
Goal: Self-Motivation, Creativity and Independence
- 7. Give you children Real chores.**  
Goal: Self-discipline, Perseverance & Contributing to a Community
- 8. Buy fewer treats and toys. Let kids earn money and manage their expenses.**  
Goal: Delay Gratification, Value money and Earn Privileges
- 9. Only sign your kids up for one or two activities.**  
Goal: Self Focus, Generating their own ideas: Not Just Following Adult Rules and Instructions
- 10. Don't overdo praise- DO Recognize a Job Well Done!**  
Goal: Realistic Self-assessment and Learning to Practice