

The Parent's Pyramid

Have you said,
"I love you"
today?



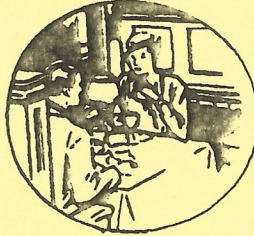
ONCE EVERY MONTH

- ▶ Reinforce what your family stands for
- ▶ Have a long heart-to-heart talk
- ▶ Do a community service
- ▶ Create or enjoy a family tradition
- ▶ Plan a special family event
- ▶ Review rules, responsibilities and privileges



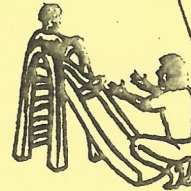
2 TO 3 TIMES A MONTH

- ▶ Take family photos
- ▶ Hold family meetings
- ▶ Try a new recipe with your family
- ▶ Visit the library
- ▶ Go on a date with your partner
- ▶ Be spontaneous; don't over-schedule
- ▶ Teach a life skill like cooking or doing the laundry



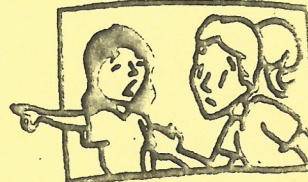
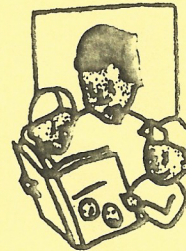
ONCE A WEEK

- ▶ Pursue a hobby or play with your kids
- ▶ Give an allowance and teach money values
- ▶ Make sure children complete their chores
- ▶ Spend one-to-one time with your children
- ▶ Have a TV-free family night
- ▶ Take time for yourself
- ▶ Review your family goals
- ▶ Express your appreciation for family members
- ▶ Participate in a spiritual activity of your choice



EVERY DAY

- ▶ Say, "I love you."
- ▶ Hug your kids
- ▶ Read to your children
- ▶ Kiss them goodnight
- ▶ Forgive them and yourself
- ▶ Keep kids safe and healthy
- ▶ Laugh and have fun with your children
- ▶ Check homework
- ▶ Get enough sleep
- ▶ Exercise
- ▶ Listen
- ▶ Make sure kids eat right
- ▶ Limit TV viewing
- ▶ Eat a family meal together
- ▶ Teach kindness by example



Developed by Tim Jahn, Human Development Specialist, Cornell Cooperative Extension of Suffolk County
Adapted from Caring for Kids Newsletter, Cornell Cooperative Extension