

# A simple formula for parenting

Show kids how to behave.

Keep pets to develop nurturance and responsibility.

Be the adult in the parent-child relationship.

Cultivate good manners.

Build character daily.

Catch kids being kind, gentle and strong.

Establish healthy habits early.

Stick to routines.

Have fun.

Eat together every day.

Focus on excellence, not perfection.

Spend individual time with each child each week.

Expect kids to change.

Keep an adult only place at home.

Admit it when you're wrong.

Choose time and place to deliver big messages.

Keep the meal table free from arguments.

Prepare for tomorrow the night before.

Expect children to help.

Encourage siblings to apologise.

Send kids to school with breakfast, a kiss and a smile.

Celebrate success as a family.

Spend time in nature together.

Let go.