



Modeling and Connection

1. I model the traits and values I want my children to have
2. I take care of myself with regard to:
 - Diet
 - Exercise
 - Sleep
 - Relationships
 - Downtime
3. I understand the story of my childhood and how it affects my thoughts and behavior today
4. My children have heard stories about their ancestors and culture
5. 20 minutes daily/regularly of individual, uninterrupted one-on-one time enjoying each child in the family and having fun
6. Recognize and avoid perfectionism with self and child
7. Playful/use kind humor with child daily
8. Accept child's unique nature nature.
9. Understand child's developmental stage
10. Avoid screens and technology during parent-child time

