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**Top Fifteen Boots on the Ground Parenting Tips
(How to have a healthy relationship with your child no matter their age.)**

1. Don't do for your children what they can do for themselves. **Builds self-esteem.**
2. Allow your children to experience the natural consequences of their choices. **Builds resilience.**
3. Use positive reinforcement more than punishment to guide behavior. **Builds trust, respect and self-control.**
4. Solve problems with your children not for them. **Builds critical thinking skills and competence.**
5. Use humor whenever possible. **Builds in fun and positive connection.**
6. Let your children falter and fail. **Builds grit and a strong sense of self.**
7. Give your children a few responsibilities they do not like to do. **Builds perseverance.**
8. Set reasonable and clear boundaries and expectations. Just challenging enough so your children have to stretch but not so high they break in the process. **Builds skills for establishing priorities and following through.**
9. Always communicate to your children that they are worthy of love. **Builds self-respect.**
10. Act as you want your children to act. Do as you want your children to do. You are the most powerful and influential person in your children's lives. **Builds strength of character.**
11. Listen more and talk less. **Builds connection and understanding.**
12. Identify and communicate your family values through what you say, do and how you handle tough times. **Builds a family identity and soul.**
13. Relax. Take serious things seriously and keep a lightness of heart about the rest. **Builds skills for stress management.**
14. Have fun! Have fun! Have fun! **Builds a zest for life.**
15. Take care of yourself and your adult relationships. You are allowed to have an adult life separate from your children. **Builds fortitude and life satisfaction.**