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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Be a Good Role Model

By Dr. Debbie Ciavola

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Be a Good Role Model.

"Do as I say, not as I do" is a common joke among parents, but during the separation period, your children need a strong leader. You know you must lead by example. You can't tell your kids to do one thing and then do another, as they would be quick to point out if you do not follow your own rules. It is important to you that the television doesn't become an electronic babysitter, taking the place of books or conversations. Instead of watching your T.V. in the evening, you read books and encouraged your kids to do the same.

As a single parent, I am sure you have spent time thinking about how you could be a good role model. Perhaps you haven't wanted your children eating junk food, so you have stopped buying it, even though Oreo's and ice cream are your favorite comfort foods. You find yourself watching your alcohol intake because preaching about the evils of drugs and alcohol would be worthless if you drank too much. Also, if you have budding adolescents, you know your kids would rationalize sexually active behavior if men or women spent the night at your home.

Not only do you want to be a good role model, but you want to inspire your children to be better people. It is more than wanting to avoid negative behavior, but desiring to reinforce the good in each child. Praise them and give them the support and attention they crave. When they recognize positive qualities in themselves, they will be able to see the same in others.

Teach your children respect for authority. Never allow them to blame their teachers for bad grades. Don't badmouth police officers on traffic patrol, and immediately move to the side of the road when you hear a siren, allowing fire fighters and ambulances to pass.

Become your children's hero. Be consistent, be fair, and be loving. No matter how hard life is, show your kids the importance of perseverance. Teach them to get up and dust themselves off when life throws them down, and believe tomorrow will be a better day. If you show them the daily beauty in life, they will continue to appreciate and see it for the rest of their lives.

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Where Do You Need Help? Understand your strengths and weaknesses. Maybe you are good at discipline and lax at family meals. Maybe your children have limited television but play hours of video games. It's hard to be consistent in all areas every single day. Instead of getting frustrated or giving up, begin and end each day with a commitment to be a better parent. Routines take time to develop, and kids will push the envelope to see what your boundaries are. If you try to establish routines, but you can't make them stick, you can get help by joining a parenting support group. Churches, YMCA's and neighborhoods are great resources. It helps to understand other mothers struggle with the same issues. Single parenting isn't so different, but the responsibility is more intense.

The time and effort you put in today will be the best investment you can make as a single parent. The children may need more of your time today, but they will need significantly less as they grow older.

Soon the house will be quiet and they will be gone. The carpet will stay vacuumed and no crumbs will be in the living room. You will long for the days the house was filled with noise and laughter.

Think consciously about being a good role model. The benefits will last your children's lifetime.

Dr. Debbie

50 Great Tips, Tricks, & Techniques to Connect With Your Teen

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Your Children Are On Their Own Soul's Journey

By Margaret Paul

In a phone session with Gerald, one of my clients, he expressed to me that he was feeling very sad about his son, Luc. Luc, 29 years old, was not doing much with his life, and Gerald was berating himself for how he had parented Luc.

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"I should have spent more time with him. I should have motivated him more. I should have been a better role model. I should have been more firm with him." On and on he went, judging himself for how he had been as a parent.

"Gerald," I said, "Luc is on his own soul's journey. Even if you had been a perfect parent - and none of us really knows what that means - Luc might still be having the challenges he is having."

"Really? Wow! That makes me feel much better! I never thought of it that way. Tell me more about what you mean by his own soul's journey."

"I mean that each of us comes here to learn certain soul lessons. Regardless of how good or bad your parenting was, Luc is on his own journey, making his own choices. You can take responsibility for how you were as a parent, but you cannot take responsibility for the choices he is making for his life."

"But I keep feeling that if I had been a better parent, he would not be struggling the way he is."

"Maybe and maybe not. You have no way of knowing this. Your self-judgment is your attempt to have control over something you have no control over - Luc's choices. You are trying to avoid your feelings of helplessness regarding Luc. But you are helpless over him. You cannot make him be different."

"Each child is different and each child will respond differently to our parenting. We do the best we can for our children. Most parents want the very best for their children and feel deep pain when their children go through pain. Yet we cannot prevent them from their own soul's journey."

"So what can I do to help him?"

"The very best thing you can do is to continue doing your own inner work, while praying for him. Even though he is 29, you are still a role model for him. Certainly judging yourself is not good role modeling. Luc needs to see you doing all you can to take loving care of yourself. When he sees you feeling really good about yourself and happy with your life, he might decide to make some changes. Aside from becoming a loving role model and praying for him, there is really nothing you can do about his choices. You need to accept your helplessness over him instead of trying to have control over him. Any attempts to control him will likely result in resistance."

"Yes, he seems to be very resistant to anything I say. This is part of my frustration and sadness."

"Right. That's why you need to let go of trying to control him. You need to let go of being invested in the outcome regarding his choices and just keep on your own journey. The more you let go of him, the better chance you have of him making loving choices for himself, especially when he sees you making loving choices for yourself."

Most parents want to think that they have more control over their children than they do. We want to think that if we "do it right" we can control the outcome we want for our children. It will make it much easier to let go of trying to control our children and just be the very best parents we can, when we understand and accept that they are on their own soul's journey.

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Margaret Paul, Ph.D., best-selling author of eight books, including "Do I Have To Give Up Me To Be Loved By You" and co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

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