

## PARENTS AS GOOD ROLE MODELS

Children copy their parent's behaviour. For example, parents often find themselves doing things their own parents did (often without even realising it). We can use this to teach our children to behave well. A parent who is polite and courteous is modelling this to their children.

If children see you getting worked up, but then you calm down and chill out, you are helping your child learn that it is possible to control feelings.

Make a list of some things that you do that your children might copy that you would rather they didn't.

Make a list of some ways that you behave that you would like your children to copy.