

11 Things You Can Do To Support Your Child

By Seth Perler, sethperler.com

1. **Catch em' being good** - It's easy for us adults to point out what's wrong. We have to watch carefully for what our kids are doing **right**. Notice everything you can that they are doing right and point it out to them with a smile.
2. **3:1 Rule** - This is not easy, but for every 1 "negative" you say to your child, try to say 3 "positives".
3. **Sincere compliments** - Take time to notice things you appreciate about your child and share something at least once a day.
4. **Routines** must be concrete. You may want posted routines for bedtime, morning routine, homework time, chores, etc..
5. **Strengths** - Tap into your child's strengths - help them discover how to use them creatively to navigate school & life.
6. **Remember** what it was like to be a kid, how intensely they feel, how challenging it can be. Be empathetic.
7. **Your work** - Do your own deep inner work. Find a great therapist, support group, read helpful books, connect with trusted friends, journal, etc.
8. **ER** - Emotionally regulate yourself! Learn to meditate, breathe, take time for the self-care you need.
9. **EF** - Learn about Executive Function. Period.
10. **Resistance** - Help your child overcome resistance and avoidance by using babysteps, empathy, chunking into bite-sized pieces.
11. **THE MOST IMPORTANT THING** - Quality time. Every single day. Connect. It's what matters.