



## BE A FRIEND. BE A HERO. Parent Tip Sheet

### Positive Parenting Tips from the CDC

Below are some things you, as a parent or guardian, can do to help your child during this time:

- **Spend time with your child.** Talk with her about her friends, her accomplishments, and what challenges she will face.
- **Be involved with your child's school.** Go to school events; meet your child's teachers.
- **Help your child develop his own sense of right and wrong.** Talk with him about risky things friends might pressure him to do, like smoking or dangerous physical dares.
- **Help your child develop a sense of responsibility**—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- **Meet the families of your child's friends.**
- **Talk with your child about respecting others.** Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.
- **Help your child set his own goals.** Encourage him to think about skills and abilities he would like to have and about how to develop them.
- **When using praise, help your child think about her own accomplishments.** Saying “you must be proud of yourself” rather than simply “I’m proud of you” can encourage your child to make good choices when nobody is around to praise her.

