

LEADING BY EXAMPLE

Take care of your needs.

Spending time on your needs does not make you selfish. It simply means you care about your own well-being, which is important for children to learn.

Express thanks.

Show you are willing to do things without expecting a reward. Express thanks and offer compliments and soon your children will do that, too!

Recognize and be proud of what you are good at.

Have realistic expectations for yourself, your partner, and your kids. You don't need to have all the answers.

Young kids learn by watching you.

Before you get angry and yell, think about how you would want your child to behave when he or she is angry.

Model what you want to see.

Kindness, respect, forgiveness, honesty, and tolerance.

Strengths and weaknesses.

You have strengths and weaknesses as a family leader, and that's OK!

This way to
**Space Center
Houston**

