

PARENT SUPERHERO POWERS Take the Pledge!



I promise myself...

- ★ To be a good role model for my child.
- ★ To give my child praise and hugs and say “I love you often”.
- ★ To set simple rules and consequences and enforce them consistently.
- ★ To discipline fairly, firmly and with love.
- ★ To count to 10 before reacting when I get angry and never use violence.
- ★ To accept children sometimes make mistakes.
- ★ To learn how children mature so my expectations of my child’s behavior are realistic.
- ★ To manage stress in healthy ways and ask for help when I am feeling overwhelmed.
- ★ To listen to my child and show that I value what he/she has to say.
- ★ To remember, no one is a perfect parent or a perfect child. Keep your sense of humor when things don’t go as planned.

Parent/Caregiver Signature

For more information, call (847)377-3155
or visit our website:
www.friendsoflccac.org

