

- 1) I let my children know that they matter to me – that I see them, and acknowledge their gifts.
- 2) I connect intentionally with my kids, I make eye contact, and I develop a rapport with them.
- 3) I respond appropriately, promptly and consistently to their needs. I commit time for them.
- 4) I express unconditional love to my children and translate its meaning for them.
- 5) I promote my children's growth as unique human beings and model positive development.
- 6) I accept my children completely for who they are and try to meet them where they are.
- 7) I participate in their education and support a balance of aesthetic, moral, and scientific learning.
- 8) I see things from multiple points of view. I look for and find value and truth in all expressions.
- 9) I show up fully with Heart & Soul, Body, Mind and Spirit.
- 10) I tune into the beauty of the living energy of our needs.
- 11) I communicate nonviolently, in ways that promote unity as opposed to alienation.
- 12) I make clear requests that take everyone's needs into account.
- 13) I embrace not-knowing in the face of difficult circumstances.
- 14) I am willing to be vulnerable and to open my heart to others, especially my children.
- 15) I make room for multiple perspectives and methods, and refrain from judgment.
- 16) I choose to consciously return to a state of clarity and calm in response to confusion.
- 17) I am conscious, present and responsible, here and now.
- 18) I recognize that true power comes from taking personal responsibility for my experience.
- 19) I continually expand my sphere of care and concern for all. I recognize our shared predicament.
- 20) I engage in practices that increase my ability to pay attention and interrupt my habitual patterns.
- 21) I witness and mirror back the inherent dignity of my children.
- 22) I am creative in finding ways to repair the harm.
- 23) I forgive my children and myself, unconditionally, for everything.
- 24) I involve the family and the community in my children's learning and growth process.
- 25) I work with my child to find solutions to problems that honor their needs.
- 26) I creatively present solutions that promote decision making.
- 27) I consider my own needs along with the needs of my children, and I make sure both are honored.
- 28) I listen deeply, from the heart, without evaluating or giving advice.