

Managing Your Parents

Skill # 1 **PITCH IN WITH CHORES**

Take charge and turn chores into a positive. Offer to help out your mom or dad. That way you'll have more say-so and control over what you do. Parents love it when kids pitch in with chores. Remember, a happier parent makes for a happier home.

Start by picking up after yourself. Take responsibility for your own stuff. Get organized! Take five minutes to do a small but necessary job, such as vacuuming the living room or drying the dishes. Offer to make supper for your parent, and notice the shocked expression you'll get!

Creatively figure out better ways to do certain tasks. Getting things done around the house is a family affair. Sharing a home means sharing with chores, too.

Skill # 2 **SHOW LOVE**

Your parents need your love! Express love often and in different ways. Ask yourself what your mom or dad likes. Show love in a way that fits your parent's personality. When you feel it, say, "I love you."

Include your parent in your world. Take time to share your feelings and talk about what's going on in your life. Use words to express your love. For example, "I'm glad you're my dad," or "Thanks, Mom, for helping me with my homework."

Compliment your parent. If your mom is good on the computer, tell her so. If your dad looks sharp in his new shirt, say so. Are you spiritually inclined? If so, keep your mom or dad in your prayers. Sometimes grown-ups can be too serious. Help your parent have fun and lighten up!

Skill # 3 **ASK FOR WHAT YOU NEED**

Learn how to ask for things at the right time and place. Think beforehand if your request is a "want" or "need." It really helps if you can tell your parent the "why" behind your request.

Help your mom or dad see things from your point of view. Then try to put yourself in your parent's shoes and see things the way he sees them.

Say what's on your mind. Be open, direct, and honest. Look your parent in the eye and give her your full attention. Plan ahead on big requests. Maybe even write down what you want to say. Be polite, pleasant, and respectful. Make your case, but don't argue. Respecting decisions shows maturity and builds your parent's trust in you.

ACTION PLAN

Focus on one of the above skills. How could you apply this skill in your life? Choose one small but important change you really want to make in the next few days. Think positive. See yourself carrying out your goal. **Write your action plan in the space below:**



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Community Connections for Children—Bluegrass Area Development District