CORE COMPETENCIES FOR PARENTS

These core competencies center around three responsibilities for parents:

To teach, model and guide

To nurture and protect

To set limits, supervise & release when the child is a responsible adult

The following core competencies may serve as a vehicle for self-assessment and an affirmation of existing competencies in a specific parent. A parent should be able to:

1 Help a child set a moral compass

2 Nurture a positive sense of self in each child

3 Teach self-discipline

4 Imbue the knowledge that they are loved and valued

5 Set limits on behavior and model the proper expression of feelings

6 Listen to the message behind the words, feelings, and behavior

7 Accept each child's unique humanity, not expecting perfection

8 Teach a code of conduct and sense of right and wrong

9 Teach by example; model kindness, fairness, and respect for others

10 Teach skills: communication, problem-solving, conflict resolution

11 Teach how to seek and find help

12 Share information and dialog about general health habits, sex, relationships, alcohol and other drugs

13 Guide them, with consistency, understanding and respect, through the crises of the various stages of development