

# 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