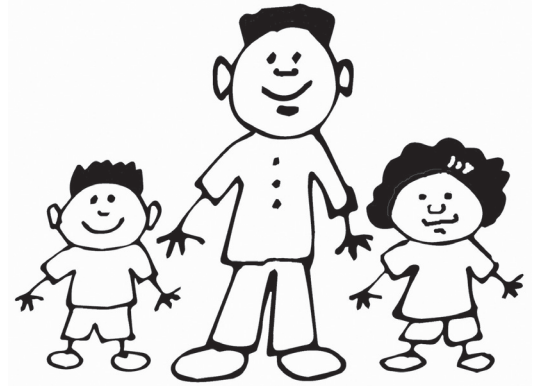


A Vow to My Child

I will guide you wisely.

I will guide you calmly.

I will guide you compassionately.



I will be a good role model and treat others the way I want you to treat others.

I will not use physical force against you, as I do not want you to use physical force against others.

I will understand that as you grow and change, you will challenge me in different ways. I will patiently help you live by the values our family holds dear through these challenging times.

I vow to continue to be a student of life, open to learning more about how to be a good person, a good parent.

Finding Inspiration

"Children are educated by what the grown up is and not by his talk."

— Carl Jung, Psychiatrist and Psychoanalyst

"It is easier to build strong children than to repair broken men."

— Frederick Douglas, Abolitionist, Statesman, Orator, Writer

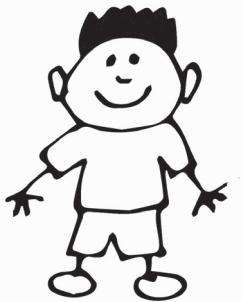
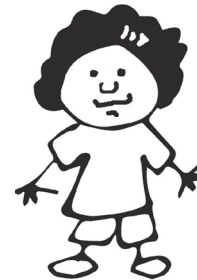
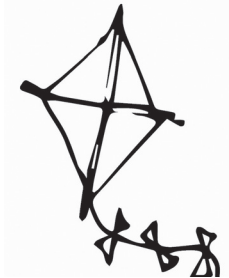
"Encourage and support your kids because children are apt to live up to what you believe of them."

— Lady Bird Johnson, First Lady of the United States

"Children aren't coloring books. You don't get to fill them in with your favorite colors"

— Khaled Hosseini, Novelist, Physician

*"If I had my child to raise all over again,
I'd finger paint more, and point the finger less.
I'd do less correcting, and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less, and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I'd run through more fields, and gaze at more stars.
I'd do more hugging, and less tugging.
I would be firm less often, and affirm much more.
I'd build self-esteem first, and the house later.
I'd teach less about the love of power, and more about the power of love."*



— Diane Loomans, Educator

"You will never have this day with your children again. Tomorrow they'll be a little older than they were today, this day is a gift. Breathe and take notice."

— Jen Hatmaker, Writer

This resource was created by
a generous grant of

American Legion
Child Welfare Foundation



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