

# 26 Quick Parenting Tips to Use **NOW** So Your Kids Will Have **Great Character LATER!**

From the [One Time Through Blog](#)

Character Trait	Quick Tip	What You Can Say
Adventurous	Approach everyday trips with your kids as opportunities to explore, learn, and discover!	"Let's go on an <b>adventure</b> to the pet store!"
Behaved	Actively <b>teach</b> kids your <b>expectations</b> for their behaviour.	" <b>I expect you to...</b> clean up your toys when you are done playing/wash your hands after going to the bathroom/put your plate on the counter after dinner."
Confident	Teach kids to <b>advocate</b> for themselves from a young age.	Teach them to say, "I'm not done with that yet," and "I need more space," when playing with other kids.
Dauntless (but safe!)	Teach kids when to call 911, help them memorize your address and phone #, and talk about what to do if they get lost.	"Can you tell me our phone number?" "If you had to call 911 and they asked for our address – what would you tell them?" "If you can't find Mommy, who can you ask for help?"
Empathetic	Learn how to show <b>empathy</b> with your child's point of view.	"I can see you're really upset right now. It can be hard to..."
Friendly	Play simple turn-taking board games as a family to teach sharing and kindness.	"It's my turn now, then your turn. Thank you for waiting so patiently."
Grateful	Share one thing you are grateful for each night with your kids.	"I'm grateful for the fun time we had today at the pool. What are you grateful for today?"
Honest	Respond to mistakes and accidents as <b>problems</b> to be solved.	"What can you do to make this situation better?" "How can you make <b>amends</b> ?"
Independent	Allow kids to <b>struggle</b> with challenging tasks while supporting them.	"It can be really tricky to learn how to ...." "Sometimes it helps when you...."
Joyful	Try to spend at least 10 min of uninterrupted <b>connect/play time</b> together every day.	"Let's wrestle/play a board game/read together/kick the ball around/play with your blocks!"
Knowledgeable	Read to your child/children <b>daily</b> .	"What books would you like to read tonight?"
Loving	Tell your child/children you love them often (and let them hear you tell your partner too!)	"I love you!" "I love you to the moon and back." "Do you know how much I love you?"

<b>Mellow</b>	Allow and <b>support</b> the expression of your child's sad and angry feelings.	"It's okay to cry." "You look really angry right now."
<b>Nature-Loving</b>	Get the kids outside – even in poor weather.	"Let's go build a snowfort!" "Let's go puddle jumping."
<b>Optimistic</b>	Encourage positive thinking by modeling making <b>positive attributions</b> for other people's behaviour.	"That car just cut us off! I guess they must have been in a hurry and didn't see us." "That cashier was pretty grumpy, I bet she's having a really bad day."
<b>Polite</b>	Emphasize manners from an early age.	"Please try to remember to sneeze/cough into your sleeve."
<b>InQuisitive</b>	Don't answer all your child's questions.	"That's a great question. What do <b>YOU</b> think?"
<b>Responsible</b>	Expect kids to clean up a toy/activity before getting another one out.	"As soon as all your blocks are in the basket, you can get out the cars. Would you like some help?"
<b>Social</b>	Accept anger, but not aggression.	"It's okay to be angry. It's <b>not okay to hit</b> . I expect you to use your <b>words</b> when you're upset."
<b>Talented</b>	Look for your child's <b>unique</b> interests and strengths and support them.	"Let's go to the library and get some Dinosaur books out." "Would you like to try dance lessons this year?"
<b>Understanding</b>	Enrich your kids' cultural awareness by visiting museums and cultural festivals, by trying new foods, etc.	"What new fruit would you like to taste this week?" "Would you like to help me cook dinner tonight? I want to try this new recipe."
<b>Values-Centered</b>	<b>Live your values</b> so your kids see what's important to you.	"Your Dad and I donate to this charity because we believe that helping the unfortunate is important."
<b>Full of Wonder</b>	Get a kid-friendly magnifying glass and encourage your child to start a <b>collection</b> of natural objects.	"Look at all these different shells we found on the beach. We can put these in a nice container and you can start a collection if you like."
<b>Assertively eXpressive</b>	Teach your child to listen to their gut feelings and to <b>protect</b> their physical and emotional boundaries.	Teach kids to say, "I don't like that." "No thank you" to things they don't like or want.
<b>Love and respect YourSELF</b>	<b>Encourage</b> your child instead of praising or rewarding them for positive behaviour.	"You worked really hard on that block tower!" "You must be really proud of yourself!"
<b>Zestful</b>	Work on being <b>happy yourself</b> , as it is one of the <b>strongest predictors</b> of your child's happiness.	"I'm going out to: see a movie tonight/dinner with my friends/to the gym. I'll see you soon!"

For even more ideas and resources for each of these CHARACTER TRAITS – please visit:

<http://onetimethrough.com/characterseries>