

<p style="text-align: center;">A Baker's Dozen Ways to Empower Children Dr. Jordan's Best Preventative Medicine for Power Struggles</p>

1. Give choices.
2. Let them make decisions.
3. Ask their opinion.
4. Let them say “no!” to you appropriately and set boundaries.
5. Give them greater responsibilities.
6. Give them more and more say-so in home agreements.
7. Give them more places to stretch themselves and have more freedom.
8. Let them hold you accountable to agreements.
9. Give them more opportunities to be valuable/ make a difference.
10. Let them teach you things.
11. Apologize when you are wrong or make a mistake.
12. Let them experience the process of getting frustrated, struggle, make mistakes and then succeed.
13. Unconditionally love them in all ways: Honor their spirit, accept them for who they are, give them “all the time they need” to be heard and understood, and accept all parts of them without judgment.

Tim Jordan, M.D.© 2000
Office: 636-530-1883
Website: www.weloki.com