

ALPHABET OF PARENTING

Dear Ann Landers: My husband and I have three children, ages 23, 17 and 15, who are decent and successful. Many relatives and friends have commented on what great kids we have.

With so many young parents without extended families, perhaps our alphabet of child-raising ideas can help. Please share it with your readers if you feel it is worth printing.-Jo Frisbie von Tiehl in Pasadena, CA

Dear Jo: With pleasure. Thanks for a unique contribution.

A is for accountability. Hold your children accountable for their behavior. **B** is for boundaries. Set specific limits and make clear the repercussions if they're exceeded. **C** is for consistency. Hold to the same principles and practices. **D** is for discipline. Never discipline in anger. **E** is for example. Set a good one. **F** is for forgiveness. Teach the importance of it. **G** is for giving. Teach the joy of it. **H** is for sense of humor. Promote laughter with your children. **I** is for imagination. Be creative, and play with your children. **J** is for justice. Be fair. **K** is for knowing your children's friends and their parents as well as their teachers. **L** is for listening. Listen to your children. It will teach them how to listen to others. **M** is for morals. Be sure your own standard of conduct is sound. **N** is for no. Use it and mean it. **O** is for outdoors. Provide as much outdoor activity as possible. **P** is for pressure. Reduce the pressure on your children, but insist they maintain high standards. **Q** is for questions. Pay close attention to theirs. **R** is for respect. Show it, teach it and earn it. **S** is for source of strength. Share your own faith or beliefs with your children. **T** is for togetherness. Have special, designated times to be together-but know when to let go. **U** is for uniqueness. Let the child be who he or she is. **V** is for voice. Tone of voice can convey more than words spoken. **W** is for words. Keep your word. **X** is for examine. Examine constantly, and be aware. **Y** is for you. Take care of yourself. A happy parent helps a child to be happy. **Z** is for zowie! Who would have thought they would grow up so quickly?