

# WISDOM

Love God with all your heart, mind and strength

- Make Mass part of your child's weekly experience
- Tame technology
- Feed the memory and imagination with good content
- Teach them about polarities
- Provide time for silence
- Help your child to reflect on experiences
- Teach them to love 1) God; 2) people, and 3) all created things

ARCHDIOCESE OF SEATTLE  
OFFICE OF MARRIAGE AND FAMILY LIFE  
[www.archseattle.org](http://www.archseattle.org)

# SELF-CONTROL

Be an emotion coach

- Be aware of and manage your own emotions
- Observe your child's emotional responses
- Help your child observe their emotions and describe them
- Let your child know you hear them and respect their experience
- If ready, help them problem solve
- Affirm when they use effective problem solving
- Remember, if it works, you'll get more of it

ARCHDIOCESE OF SEATTLE  
OFFICE OF MARRIAGE AND FAMILY LIFE  
[www.archseattle.org](http://www.archseattle.org)

# JUSTICE

Love your neighbor as yourself

- Read the commandments and the beatitudes
- Model just behavior at home
- Model understanding other people's motivation
- Encourage your child not to attribute motives
- Recognize dignity in all people
- Praise your child when they act generously
- Encourage your child when they admit they did something wrong

ARCHDIOCESE OF SEATTLE  
OFFICE OF MARRIAGE AND FAMILY LIFE  
[www.archseattle.org](http://www.archseattle.org)

# COURAGE

Discover the joy of self-discipline

- Engage your child in challenging activities
- Provide your child the time to overcome hardships
- Look for a great teacher/coach who will challenge and affirm your child
- Celebrate milestones to mark progress
- De-emphasize comparison with peers
- Encourage them to find friendships in common interests

ARCHDIOCESE OF SEATTLE  
OFFICE OF MARRIAGE AND FAMILY LIFE  
[www.archseattle.org](http://www.archseattle.org)