



## 12 tips for parents to build positive routines

By Dr Andrew Wicking

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1. Be clear about the routines of family life: bedtime, sleep time, mealtimes, lights out;
2. Eat at least one meal together as a family every day where you talk about the day;
3. Ensure you know where your child is most of the time;
4. Have agreed clear rules about the use of computers and mobiles at home and in the bedroom;
5. Instill hope in young people. Let them know that you think great things are on offer for them and that you love them and believe in them;
6. Encourage them to succeed at lots of things;
7. Allow your child to see they can improve with practice;
8. Encourage them to dream big about what their life can be;
9. Discuss and create memorandums of understanding about personal safety - and for teenagers: parties, drug and alcohol use, and sexual activity;
10. Develop a common set of understandings, write these up, and sign it;
11. Talk to your children about school. Are there clear rules and do teachers enforce rules fairly?
12. Have a zero-tolerance approach to violence, rudeness and intimidation.

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