

The Joy of Parenting

with Susie Walton



1. Our children love their homes and roots.
2. They are strongly influenced by what goes on at home, either positively or negatively.
3. They will play out their mom's emotions.
4. Parents, be honest and open. Tell children the truth and you can expect the truth in return.
5. Play fair. Respect them and expect respect in return.
6. If you play games with them, they will play games right back at you.
7. Love them and you will be loved back.
8. Negotiating works well with them.
9. Communication is an all-important key with them, from Nancy Tappe's book, *Indigos: The Quiet Storm*.

Recipe for Self-Care

1. Compassion
2. Love
3. Self-Acceptance
4. Fuel

Recipe for Peace

1. Integrity
2. Understanding
3. Compassion

Recipe for Joyful Parenting

1. Truth
2. Simplicity
3. Love