

# GUIDELINES FOR LIFE



## Explore

GO ON ADVENTURES TOGETHER.  
LOOK HIGH, LOW, AND UP CLOSE.  
TAKE A NEW PATH AND LET THEM LEAD.

SILENCE EVERYTHING - YOUR TO-DO LISTS, YOUR CELL PHONE, AND ANYTHING DISTRACTING YOU FROM BEING PRESENT IN THE MOMENT WITH YOUR CHILD.

## Listen

HEAR THEM OUT AND ENCOURAGE THEM TO VOICE WHAT'S GOING ON INSIDE. HAVE "TALKIE TIME" WHERE THEY LEAD THE CONVERSATION.

VALIDATE THEIR EMOTIONS. IF YOU WANT RESPECT, GIVE IT TO YOUR CHILD. BE POLITE. TREAT THEM HOW YOU WANT TO BE TREATED.

## Learn

TO INSTILL A LOVE OF LEARNING, AND OF THIS BEAUTIFUL WORLD, BE THE EXAMPLE.  
NEVER STOP LEARNING.

TO SHOW LOVE, BE LOVE.

## Connect

## Respect

## Love