

Naomi's Dos and Don'ts

Stay in control, but don't be controlling

Enable, but don't disable

Collaborate, don't dominate

Focus on what's working, not what isn't

Tune in, not tune out!

Pick your battles...you don't always have to win!

Teflonize, don't personalize

Control your emotions and not vice-versa

Try and "get" your child/student

Don't isolate, reach out for support

Sometimes, you'll see it when you believe it

Remember...this too shall pass

Self-care is essential

Self-preservation is not the same as selfishness

Be a PC parent:

- **patient, persistent, positive**
- **confident, caring, collaborative,**