



Stepping Stone Retreat *for Enhanced Living*

The Parents' Pledge

As a parent, my greatest wish is that my children will have a life filled with happiness and the joy of loving; therefore I will always try to understand and fulfill their needs.

1. Through touching, I will show my children that they are loved so that they can give and receive love throughout their lives.
2. My children need not earn my love for I will give it freely without reservation or limit.
3. To help my children become self-confident, I will teach them with encouragement, not criticism, and I will always try to emphasize their good qualities.
4. To build confidence and help my children mature, I will try not to worry or protect them more than is necessary.
5. To prevent my children from being fearful, I will try not to worry or protect them more than is necessary.
6. I will try to remember that my children are not my property, but separate people whom I may guide, but must gradually set free.
7. I will teach my children that they must not be overly concerned with others' opinions of them so they will learn to think for themselves.
8. In order that my children will learn to value their own opinions and ideas, I will listen to them with interest and respect.
9. To teach my children respect for authority and to develop their self-discipline, I will insist in a kind, but firm manner that my instructions be obeyed.
10. Realizing that my children will imitate me, I will always try to be a good model for them.
11. To teach my children tolerance, I will try not to judge, condemn, or find fault with others.
12. I will teach my children to share and to consider the needs and feelings of others so that they will become kind and generous people.
13. I will teach my children that gentleness is not a weakness and that they should share their feelings with those they love.
14. I will show my children that I love sons and daughters equally, and I will not condemn sexual love so that they may enjoy it when they mature.
15. I will teach my children that they will find happiness through giving love, not through seeking it.

I know that I cannot be a perfect parent, but in order to protect my children from emotional problems and help secure a happy life for them, I will always try to meet those needs. Finally, I wish for my children to know that they are a joy to me, a gift of the universe.