

# **RAD To Do List**

by Nancy Thomas

1. Do take care of yourself
2. Do expect respect
3. Do provide external controls until child develops internal controls
4. When you speak, keep it short and sweet
5. Soft and huggable moms can better help their kids to be soft and huggable
6. Do remember what it was like to be a kid
7. Kids need to play everyday for brain development
8. Kids need to help with chores
9. Well fed kids learn faster
10. Withholding food = withholding love, Withholding love = failure
11. Do protect younger children and pets
12. Individual rooms are not a luxury, they are a necessity with RAD
13. Active kids heal faster. Have them climb, swim, hike, swing and jump
14. Every meal should be prepared with love. Good food is not a privilege
15. Family routine should be centered around the home not extra-curricular activities
16. Do eat a minimum of ten meals a week together around the table
17. Unplug the TV for at least a year
18. Do sit beside your child every minute they are on the internet
19. Keep your eyes and ears on your child, not the TV, phone or computer
20. Growing children need 10 – 12 hours of sleep a night. Light off.
21. Teach table manners so children are not embarrassed in front of others
22. A good consequence does not involve shame
23. Dress your child for success (nice haircut & clothing)
24. Delay adding new siblings until the sick child is healthy for at least six months
25. Do believe your child can heal 100%

***Every Child Deserves A Chance At a Happy Life and Success!!***