

My Parenting Promise



I treasure your HOPES & DREAMS.

I promise to be your greatest ALLY throughout your life. I will STAND by your side through triumph and struggle, allowing you to experience your own LEARNING. I will VALUE you for the worthy person you are on the inside, not just for your outward achievements. My foremost desire is that you feel SEEN, HEARD, and UNDERSTOOD by me.

In our HOME, we will...



Pursue **Curiosity** by asking questions about ourselves and the world around us. We savor the process of discovery, valuing our different ways of learning.



Develop **Sociability** by listening to each other with love and respect. We communicate, cooperate, and set boundaries in positive ways, without shaming or blaming.



Practice **Resilience** by facing challenges together. We embrace fear, failure, vulnerability, and imperfection as opportunities to cultivate wisdom.



Seek **Self-Awareness** by paying attention to and expressing our thoughts, feelings, and what our bodies are communicating. We make time for personal reflection.



Show **Integrity** by living our values. We make amends when we make mistakes. We caringly hold one another accountable for our actions. We forgive.



Learn **Resourcefulness** through the practice of achieving goals. We work hard, make decisions, and solve problems together. We aren't afraid to ask for help.



Recognize **Creativity** as a source of inner joy. We connect with nature, art, and other pursuits that inspire our imaginations. We play, laugh, dream, and have fun.



Lead with **Empathy**, gratitude, and kindness. We make a difference by responding to people's needs and suffering. We care and act on behalf of our planet.

Like you, I am learning, growing, and imperfect. Above all else, I will be here with LOVE and SUPPORT as you learn to chart your own course through life. Together, we will create powerful stories of compassion, courage, accomplishment, and meaning.

Thank You!

Thank you for downloading *I Have a Dream*, *My Parenting Promise*, and/or *Our Community Promise* from *Roots of Action*, a website devoted to providing research-based resources for parents, schools, and communities that want to impact the positive growth and development of children and teenagers. These documents are copyrighted by developmental psychologist, researcher, and *Roots of Action* founder Marilyn Price-Mitchell PhD, and have been made freely available for non-commercial use under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](#).

Grateful acknowledgement is given to many teen and adult leaders of the *Bainbridge Healthy Youth Alliance* for their collaboration in the creation of these documents. BHYA is a collective impact effort to improve the health and well-being of children and teens in Bainbridge Island, WA. It is through their thoughtful and intentional work on behalf of youth that these documents emerged.

I Have a Dream is a declaration by youth that expresses their aspirations beyond academic achievements. It can be used in a variety of ways including: 1) for family, school, or community discussions about fostering positive youth development, 2) for hanging adjacent to *My Parenting Promise* or *Our Community Promise* as a helpful reminder of what matters most to youth.

My Parenting Promise is a statement of family values that are known to positively impact the development of core abilities in youth—curiosity, sociability, resilience, self-awareness, integrity, resourcefulness, creativity, and empathy. It can be used in a variety of ways, including: 1) for family discussions, 2) for hanging adjacent to *I Have a Dream* as a helpful reminder of the ways parents impact children every day, and 3) as an example of a promise, goal statement, or manifesto that families can collaboratively create themselves to help guide their daily words and actions.

Our Community Promise is a set of mutually reinforcing activities that enable all stakeholders to positively impact youth. It is designed for schools, government agencies, nonprofits, faith communities, businesses, and all citizens who impact youth through their words and actions. It can be used in a variety of ways, including: 1) for family-school-student-community discussions, 2) for hanging adjacent to *I Have a Dream* as a helpful reminder of the ways communities support young people as they navigate the journey to adulthood and careers.

Please Share!

Please feel free to share these documents widely. If you or your organization would like print-ready documents for professional printing of large quantities, please visit www.rootsofaction.com and use the contact form to make your request. You'll also find many resources there, including information about *The Compass Advantage* framework at the heart of these documents.