



12 Ways of

# HANDS-ON PARENTS

The best way to monitor your child is to be a “hands-on” parent.  
**Here’s what hands-on parents do:**



Monitor what their kids watch on TV.



Monitor what their kids do online.



Monitor the music their kids listen to.



Know where their kids are after school and on weekends.



Expect their kids to always tell the truth.



Review their kids academic performance regularly.



Monitor their kids phones if they have one.



Have consequences for their kids if they smoke, drink, or take drugs.



Eat dinner with their kids several times a week.



Have a curfew for their older kids.



Require their kids to do household chores.



Know their kids' friends and their parents.