CORE COMPETENCIES FOR PARENTS

These core competencies center around three responsibilities for parents

The following core competencies may serve as a vehicle for self-assessment and an affirmation of existing competencies in a specific parent.

Be able to

1. Help child to set a moral compass.
2. Nurture a positive sense of self in each child.
3. Teach self-discipline.
4. Imbue the knowledge that they are loved and valued.
5. Set limits on behavior and model the proper expression of feelings.
6. Listen to the message behind the words, feelings and behavior.
7. Accept each child's unique humanity not expecting perfection.
8. Teach a code of conduct and a sense of right and wrong.
9. Teach by example; model kindness, fairness, and respect for others.
10. Teach skills: communication, problem-solving, conflict resolution.
11. Teach how to seek and find help.
12. Share information and dialog about general health habits, sex, relationships, alcohol and other drugs.
13. Guide them, with consistency, understanding and respect, through the crises of the various stages of development.

© National Association for Children of Alcoholics

DePaul

National Council on Alcoholism and Drug Dependence- Rochester Area
1931 Buffalo Road
Rochester , NY 14624
(585) 719-3483
www.ncadd-ra.org