

Parent's Bill of Rights

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Adapted by Mara J. Briere, (2008)

1. I have the right to be treated with respect.
2. I have the right to take the time necessary to think through a decision or consequence with regards to my child.
3. I have the right to make mistakes.
4. I have the right to make decisions for my child that I believe are in her best interest.
5. I have the right to talk about my child with other adults who may be able to help with her behavior and emotional and physical health.
6. I have the right to set and enforce rules to insure the safety of my child.
7. I have the right to restrict my child from spending time with adults and others whom I believe to be a negative influence.
8. I have the right to discipline my child in ways that promote healthy behavior without compromising her emotional well-being.
9. I have the right to expect my child to contribute to the general upkeep of the house in order to keep our home a pleasant environment in which to live.
10. I have the right to talk with the parents of my child's friends and know my child's whereabouts when she is away from home.
11. I have the right to privacy.

Parent's Responsibilities

1. It is my responsibility to provide love, nurturance, food, clothing, and shelter for my child regardless of how angry I feel.
2. It is my responsibility to help my child learn to make his own decisions and become independent from me.
3. It is my responsibility to allow my child to experience the consequences of his behavior without being overprotective.
4. It is my responsibility to take care of myself and my own needs.
5. It is my responsibility to maintain my role as the adult, not take out my problems on my child, and seek help for myself when I need it.
6. It is my responsibility to get my emotional needs met in other ways than through my child, and to do what is best for him.
7. It is my responsibility to learn and use healthy, effective approaches to parenting my child.
8. It is my responsibility to hug my child when he needs a hug, challenge him when he needs to be challenged, listen to him when he needs an ear, praise him for his efforts, and give him space when he needs it.
9. It is my responsibility to set and enforce age-appropriate limits and boundaries with my child.
10. It is my responsibility to seek out and advocate an appropriate education for my child that fits his learning needs.
11. It is my responsibility to seek out and provide appropriate academic, social & spiritual support for my child when necessary.

Child's Bill of Rights

1. I have the right to be treated with respect.
2. I have the right to be treated humanely in regard to punishment.
3. I have the right to make mistakes.
4. I have the right to make my own age-appropriate choices.
5. I have the right to be acknowledged and praised for my efforts in becoming independent, responsible, and loving.
6. I have the right to be loved, nurtured and cared for regardless of how angry, hurt or confused I am.
7. I have the right to my own individuality in regard to how I dress, my religious beliefs, and my likes and dislikes.
8. I have the right to privacy.
9. I have the right to choose my own friends, especially as I get older.
10. I have the right to be included in decisions that will affect me, especially in school, at work, and in relationships.

Child's Responsibilities

1. It is my responsibility to treat my parents with the same level of respect that I expect from them.
2. It is my responsibility to seek out help in resolving problems I cannot handle on my own.
3. It is my responsibility to do my homework and participate in school.
4. It is my responsibility to pick up after myself and contribute to keeping the house clean and making it an enjoyable place to be.
5. It is my responsibility to learn to become independent from my parents & not expect them to do for me what I can do for myself, such as waking up in the morning, making my meals, doing my laundry, & washing my dishes.
6. It is my responsibility to choose friends who will be a positive influence on me, encouraging me to act in responsible ways that will contribute to my emotional and physical health.
7. It is my responsibility to take care of my body.
8. It is my responsibility to cooperate with those who are trying to help me & let them know in a respectful way if their actions are unhelpful or hurtful.
9. It is my responsibility to let my parents or a responsible adult know if anyone has hurt me in any way.
10. It is my responsibility to love and accept others and myself and not judge those who are different from me.