



## Parent's Bill of Rights

Even though you are a parent, you have rights. Be concerned with your own rights.

1. You have a right to a night's sleep without worrying where your child is.
2. You have the right to a night's sleep without being awakened by your child coming in drunk, stoned, etc.
3. You have the right to live without dread of phone emergencies from police, hospitals, and stranded family members
4. You have the right not to have to go to school repeatedly responding to irresponsible behavior by your child.

5. You have the right to live in a clean house.

6. You have the right to expect cooperation and courtesy in your home.

7. You have the right to expect responsible behavior from children in your family, regardless of age.

8. You have the right to stop paying other's fines and making excuses for them.

9. You have the right to stop "helping" (harassing?) your child and start taking care of yourself.

10. You have the right to make changes in your behavior that your son/daughter does not like.

11. You have the right to go places and do things that do not include your children.

12. You have the right not to be treated badly or inconsiderately by your child.

13. You have a right to parent your child according to your religious and moral values without interference from "experts" who don't know you.

14. You have the right to stop driving yourself crazy by following each new parenting fad in order to "do the right thing" so your child is not traumatized.

15. You have the right to stop feeling guilty because your child or you are not perfect.

Loving your child does not give them the right to be rude, violent, inconsiderate, or totally self-centered. Help your children learn about your rights.

If you do not make sure that your rights are respected, you cannot expect others, even your children, to respect them.