

Parent Tip #28

Acceptance

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Spend time talking with your children about obstacles they have overcome and share some of your own experiences.

Dr. Eric Nach, Ph.D., M.Ed., A.S.D. Cert. Developmental and Behavioral Specialist and Associates
5458 Town Center Rd, #7, Boca Raton, FL 33486, 561-990-7305(Boca office) 561-465-3564(Fax)
Info@SupportForStudentsGrowthCenter.com www.SupportForStudentsGrowthCenter.com

Adapted from American Psychological Association

