

100 WAYS TO RAISE PEACEFUL CHILDREN

by Patricia McCarthy, CND

1. Pray
2. Listen to children
3. Contribute to a school's after-school program
4. Become a Big Brother or Big Sister
5. Contribute to organizations that provide fun activities for children
6. Sweep the sidewalk in front of your house of all glass
7. With neighbors clean any vacant lot in your area
8. Build a safe playground in your neighborhood
9. Report any drug dealers in your neighborhood
10. Do not take your children down the toy store aisle that has violent toys
11. Do not buy toy guns
12. Do not buy camouflage clothing for your children
13. Do not buy violent video games
14. Monitor television programs for violence
15. Boycott violent movies
16. Do not rent violent videos
17. Monitor the video games in your home
18. Dispose of all violent video games
19. Dispose of all camouflage clothing
20. Dispose of all war toys
21. Do not buy toys that glorify war
22. Remove guns from your home
23. Have your business begin a mentoring program for children
24. Volunteer to watch a neighbor's child after school
25. Lobby the legislature for after-school programs
26. Coach a sports team for children
27. Offer to drive children to games and practices
28. Encourage conflict resolution programs in schools
29. Offer to donate materials for conflict resolution programs
30. Encourage the teaching of nonviolence and peace in the schools
31. Model nonviolent behavior
32. Monitor school sports programs for violence
33. Keep violence out of all sports
34. Speak respectfully to children
35. Give children responsibilities appropriate to their age
36. Give limits appropriate to their age
37. Provide a safe environment for children physically
38. Support after-school art programs
39. Encourage music training for all children in schools
40. Open museums and libraries for children after school
41. Teach children to respect the elderly
42. Teach tolerance
43. Avoid racist jokes and slurs
44. Respect women
45. Do not have pornography in your homes
46. Invite children to assist in service projects
47. Hold children responsible for their actions
48. Do not criticize teachers in front of children
49. Do not lie to children

50. Do not abuse children
51. Do not hit children
52. Plant a garden with a child and help them follow up on it
53. Show children how to care for younger children
54. Read to children
55. Talk to children
56. Teach children to play noncompetitive games
57. Help children accept people
58. Do not swear at or curse a child
59. Talk to your child's teacher
60. Volunteer in your child's school
61. Teach children to sew
62. Teach children to cook
63. Teach children to build things
64. Take a child for a hike
65. Welcome your child's friends into your home
66. Monitor the activities of your children and their friends
67. Limit mall trips for teenagers
68. Do not leave children home alone
69. Do not have televisions in children's bedrooms
70. Take a child camping
71. Assist a single parent in your family or neighborhood
72. Baby-sit for a friend's children without being asked
73. Support the presence of adult monitors on school buses
74. Refuse to have anything to do with violence
75. Fast
76. Teach forgiveness
77. Pray for your enemies
78. Teach children to pray for their enemies
79. Encourage honesty among children
80. Discourage dating among early adolescents
81. Talk to your children about drugs and alcohol
82. Do not abuse drugs or alcohol
83. Teach your children compassion
84. Volunteer to help teachers at a school play or concert
85. Make costumes for school productions
86. Pray with your children
87. Buy some new books for children in poor schools
88. Support Catholic schools
89. Go to children's sports activities
90. Behave appropriately at children's sports events
91. Teach children to respect every other child
92. Talk to your children about school bullies and victims
93. Be aware of peer pressure and help your child deal with it
94. Take seriously flippant comments about inflicting violence
95. Teach peace
96. Read your children stories of people of peace
97. Play with your children
98. Tell your children you love them
99. Take your children to worship regularly
100. Tell them again you love them

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