

December Parenting Tips

Week of December 2-6



Strength of the Week: Perspective

I can "put myself in others' shoes" and help give good advice.

- ❑ A bug's life. Think about the conveniences you have as a human. You can reach the door handle, turn off the light switch, go to the refrigerator for a snack. **Now, imagine you're the size of an ant!** What would be different? What difficulties would you encounter? Don't get stepped on!
- ❑ The world is made up of every color of the rainbow. Get out some paper, crayons, colored pencils, or markers and make your own rainbows. **Take this opportunity to discuss how diversity makes the world more interesting, the community stronger, and our culture richer.**
- ❑ Having empathy, the ability to notice what other people are feeling, is important to developing the strength of perspective. **Read the book or watch a YouTube reading of *Stand in my Shoes* by Bob Sornson together as a family.** Discuss what is means to "stand in my shoes" and to be able to understand other people's perspective.

Week of December 9-13



Strength of the Week: Creativity

I can think of lots of ways to solve problems and use my imagination.

- ❑ Let's get creative! Winter break is right around the corner. Don't get caught off guard with bored kids! **Schedule a "Genius Hour" for when your kids are on break.** Use this time to explore and share something that your child is interested in. It could be a science project, a new sport, music they like, whatever! Let them use their creativity to express themselves (and you get to learn more about something they are interested in!)
- ❑ Get creative in the kitchen! The holidays are a great time to show off your creativity in the kitchen. **Look up some new recipes together online or break out some classic family recipes.** Get plenty of food coloring, a variety of fruits, candies and sprinkles to make your creations uniquely yours!
- ❑ Tonight's dinner may not be creative (chicken nuggets again?) but your family can be! **Create a story as a family during dinner.** Take turns adding a few sentences to the story and then the next person has to add to it. Where will your story take you?

Week of December 16-20



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

- ❑ Memories are one of the most precious things we have. They are what makes a family unique. **What memories define your family?** Sit down together and take turns sharing a favorite memory. A fun staycation? A disastrous birthday dinner that actually turned out to be one of the best ever? Share these memories and hold on to them.
- ❑ **"Open all your pores and bathe in the tides of nature."** -Henry David Thoreau. The changing of the seasons can be accompanied by bad weather, inconvenient colds, and unexpected mood changes. But they can also bring beautiful moments if you take the time to enjoy them. Take a brisk walk and breathe in the cool, crisp air. Taste the first snowfall on your tongue.
- ❑ **I'm home!** After a busy day at school what's the first thing your kids do? Take off their shoes and leave in the hallway? Collapse on the couch and hop on their phones? Encourage them (and yourself!) to take a mindful moment before entering the house. Stop before you open the door and take three deep breaths. As you exhale let go of any stress from the day with it.