

January Parenting Tips

Week of January 6



Strength of the Week: Bravery

I take on challenges and speak up for what is right.

❑ Instead of saying 'great or good job' to your child, try replacing it with the word **BRAVE!** 'It was brave of you to try a new food.' 'It was brave of you to present in front of your class.'

❑ Let's make a Bravery Box. In the box, family members will place powerful phrases and words that members may take to school or work and use when they feel it necessary to be brave.

❑ Next time you watch a movie together name three characters with the strength of bravery.

Week of January 13



Strength of the Week: Fairness

I believe everyone should have the same opportunities.

❑ It's important to have a conversation with your child(ren) about the strength of fairness. Take a moment to **share with your child(ren) a time when you realized you treated someone unfairly.**

❑ It can be hard to understand **fair does not mean equal.** Next time there is a squabble in your home and you hear 'THAT'S NOT FAIR!' try to explain the concept in a calmer moment

❑ Take some time to let your child(ren) share when they felt they were treated unfairly. See if they can come up with an idea that would have been a fair remedy in the story they presented.

Week of January 20



Strength of the Week: Forgiveness

I believe everyone deserves a second chance. I am able to let things go.

❑ Help turn the song lyric 'Let it Go!' into a life lesson for your kid(s). Holding grudges and anger inside does not feel good. Ask them to think of the person they are angry at... and 'let it go' with a big exhale of forgiveness and kindness.

❑ **Try role modeling the strength of forgiveness with your child(ren).** Raised your voice this week? Didn't fully listen to a lengthy story about recess squabbles? That's ok! Apologize to your child and use it as a teaching moment.

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❑ Practice forgiveness by replacing the memory of a negative thought of someone with a positive thought of that same person. **How did it make you feel?**

Week of January 27



Mindfulness

I am present and fully engaged in the moment.

❑ Put on your coat or sweater using your other arm. It may sound strange, however, we usually choose the same arm to put into a sleeve first. Notice what you usually do and reverse it. Huh. How did that feel?

❑ Mindfulness doesn't mean you have to be happy all of the time. **Take a moment to be true to your present** emotion. Talk with your child(ren) about their present emotions and yours. Each person share why he/she may be feeling a certain way.

❑ Find an object that you use every day. Turn it upside down, and sideways. Study it for a moment. After seeing the object from a new angle, what thoughts come to mind? Ask your child(ren) to do the same!