

# March Parenting Tips

## Week of March 2



### Strength of the Week: Prudence

I carefully consider all my options when making a decision.

- ❑ Prudence and mindfulness go hand-in-hand, like cookies and milk. Help your child(ren) appreciate the benefits of taking a five-second breather before jumping head-first into a plan or decision.
- ❑ Sometimes we forget that self-care requires the character strengths of self-control, prudence, love of self and perseverance. An example is saying “no” to the thing you don’t want to do even if someone is going to be angry with you.
- ❑ As your family grows and changes, it’s good to write down or revisit family values and rules. What are three rules that would benefit your family?

## Week of March 9



### Strength of the Week: Teamwork

I like being part of a team and doing my share.

- ❑ Listening is an important skill in teamwork. Strength spot your child(ren) when they are being a great listener.
- ❑ Even interacting with just one other person is a form of teamwork. Skills used in teamwork are listening, compassion and kindness. When you see these skills being used by your child(ren), strength spot them with positive praise!
- ❑ Self-care is so important! When you take care of yourself, you’ll find yourself in a much better place to give of yourself. The energy you put into teamwork improves.

## Week of March 16



### Mindfulness

I am present and fully engaged in the moment.

- ❑ Next time you go to the grocery store, stand in front of the fruits and vegetable section. What are you naturally drawn too? Is it the color or the smell? What is it about those fruits or vegetables that interest you?
- ❑ Stressed? Practice S.T.O.P throughout your day. S.top what you are doing. T.ake three deep breaths. O.bserve how you feel. P.roceed with a calmer mind.
- ❑ Take a few minutes to practice Pep Talk Breath: Begin to inhale love through your nose exhale stress through your mouth. Inhale kindness through your nose and exhale anxiety through your mouth. The last breath you decide what strength you want to take in and what you want to release and tell yourself, “I’ve got this!”

## Week of March 23



### Strength of the Week: Humility

I let my accomplishments speak for themselves.

- ❑ One way to teach your child humility is to not only celebrate their achievement, but to explore the work that went into it. Reflecting on the journey including the little wins, and especially the stumbling blocks they encountered along the way, will help them appreciate and value their achievement.
- ❑ Set an intention to pick a date on the calendar to take the family to serve. You can help the homeless, the elderly, someone in your extended family, or a family friend in need.
- ❑ A building block to humility is to practice gratitude. Something as simple as saying “thank you” is a way of building the character strength of humility.

## Week of March 30



### Strength of the Week: Sense of Meaning

I am discovering my purpose and place in the world.

- ❑ Consider all the ways you enjoy water and how essential it is to our well-being. It has so many purposes and can be “oh” so much fun. All the water on earth has been recycled and traveled to places to help all living things on the earth. Any suggestions of what we can do to appreciate water more?
- ❑ There is so much to learn about the universe when you use your strength of curiosity. Here’s a challenge for you. Learn more about something you’re interested in and how your involvement will make a difference in a positive way!
- ❑ Today you have a free day pass to do anything you want for 8 hours, what will you do?