

April Parenting Tips

Week of April 6



Strength of the Week: Zest

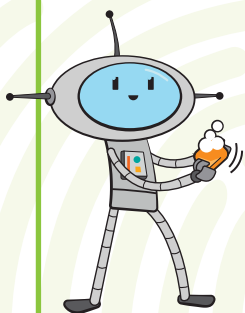
I take on each day with energy and excitement.

- Tell yourself "I will not allow the bad news of the day to keep me from having fun with my child(ren)!":

"Zestfully Me" is what my children will see!

- Approach self-care for your family with ZEST! Prepare healthy meals together, establish and maintain bedtime routines, and exercise as a family!

- Want a boost of zest? Plan an afternoon outside to go on a family walk or fly a kite. Sounds exhilarating!



- 'You're not fully clean unless you're...' well you've heard the jingle. With everything in the news lately take the time to be sure your family is zestfully washing their hands. Hot water, lots of soap suds, and sing your favorite song for 20 seconds.

Week of April 13



Strength of the Week: Kindness

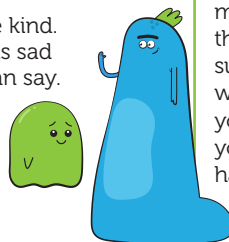
I am helpful and nice to others.

- The best gifts don't always come in a package. The best gifts come from ordinary people doing ordinary things in their homes, schools, workplace, and communities. Share your experience of kindness with a family member as a "kind doer" or a "kind receiver."

- It doesn't take much to be kind. If someone you care about is sad here are some things you can say. "It's okay to be sad." "I'll stay close so you can find me when you're ready." "I'm here for you."

- Help your child(ren) exercise their kindness muscle. Think of someone you want to be kind to, (like the person who's not so kind to others) and imagine speaking directly to him/her in a kind voice and say "May you be happy, may you be safe, I wish you well today!"

- Kindness is critically important during times of uncertainty. Remember that those around you may have more severe reactions to difficult news or crisis. Be there with a smile and a kind word for friends and family who may need it most.



Week of April 20



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

- One way for you to respond to negative triggers is to **stop, breathe, and notice** what's happening with your body? **Reflect** on why this response is beneficial to you. **Respond** appropriately.

- As you are washing hands take a moment to reflect on your day. Focus on the temperature of the water and how the suds feel. What went well today? What went poorly? Let go of the negativity as you rinse all the suds away. By the time you're finished mindfully washing your hands you will have done a thorough job!

- The next time you're feeling a strong emotion bring it into focus by assigning it a color. Remember those. Notice what happens to the emotion as you make it clear.

- Breathe in through your nose for a count of 4, hold, then breathe out through your mouth for a count of 7. Now think about your week. What successes can you remember? What challenges did you face? Smile, and tell yourself, "I've got this!"



Week of April 27



Strength of the Week: Love of Learning

I get excited discovering new things

- **The Mistake Compass:** The message in the north; "**Learning from our own mistakes**"; the west is "**Learning from the mistakes of others**"; the east is "**Learning from the mistakes of our teachers**"; and the south is "**Being willing to make as many mistakes as it takes.**" Finally, in the center of the wheel, "**Learning that there is no such thing as a mistake.**"

- Just like your stomach gives you a signal when it's time to eat so does your mind. The mind craves a good meal or a great dessert like, reading, creating, or learning something new. What is your mind craving?

- When your child(ren) share with you something new they learned that day **make a big deal about it!** Recognize their strength of Love of Learning. Be grateful they are willing to share their knowledge!

- How cool would it be to learn to say a word or phrase in another language?

Challenge: Learn to say "Hello, nice to meet you" in German. Share with others what you've learned!