

Family Engagement Challenge

December Parenting Tips

Week of December 7



Strength of the Week:
Judgment:

I am open-minded and think through my decisions.

- Sometimes your child(ren) may feel you are not treating them fairly or you don't understand their side of the story. Explain that judgment means carefully evaluating everything. Be mindful of their perspective and listen to what they have to say.
- Discuss with your family an opinion you have now that has changed since you were a child. What informed your opinion?
- Judgment means thinking through, weighing all the evidence and making a fair decision about something. Ask your child(ren) if they've considered all sides in a problem or argument they are experiencing.

Week of December 14



Strength of the Week:
Mindfulness:

I am present and fully engaged in the moment.

- Mindful eating anyone? Have your child(ren) cover his/her eyes for a taste test. See if they can guess the food. Is it sweet, sour or salty? Different parts of the tongue are sensitive to different taste! Watch-out if you don't like hot or spicy food!
- 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.
- When your family is feeling worried, take a moment to acknowledge these feelings. Take a few mindful breaths. Notice where the worry is in your body. While standing, balance yourself and start to move while gently shaking the worries off. Stretch, move and shake.

Week of December 21



Strength of the Week:
Love of Learning:

I get excited about discovering new things.

- Monday, December 21st is the shortest day of the year in the Northern Hemisphere, called the Winter Solstice. People used to celebrate by lighting bonfires and candles to persuade the sun to come back. Go ahead, light your candles, a bonfire or a fire pit. Let's see if we can get the sun to come back!
- How many diverse winter holidays can you name? Christmas, Hanukkah, St. Nicholas Day, Las Posadas, Kwanza, Yule and Chriskwanz-ukah. Not familiar with any of one of these, look it up and share with your family what you learned.
- Find a family recipe or a new one you discover together. Make a tasty winter treat your family will enjoy!

Week of December 28



Strength of the Week:
Kindness:

I am helpful and nice to others.

- Put together a kindness kit and drop it off at your fire station, food pantry or shelter. What's in the kit? Maybe socks, gloves, hat and scarf. Oh, don't forget to include a mask. When you are kind to others, it makes the statement that you care!
- Sprinkle kindness around like confetti and watch the impact when it lands!
- Spread Joy! Write a message on your window to encourage your neighbors in 2021.

