

Family Engagement Challenge

November Parenting Tips

Week of November 2



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

☐ "Mindfulness means to pay attention in a particular way – on purpose, in the present moment, and non-judgmentally." (Jon Kabot-Zinn)

Take some time for you and your child(ren) to turn off the electronics and practice mindfulness. Notice the different shapes and colors in the sky.

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

☐ Take a deep breath! We often say it, but do we do it? Research shows that deep breathing has a positive impact on your brain. Take a moment to start the day by closing your eyes and taking three deep breaths. Encourage your child to use this when they are stressed.

Week of November 9



Strength of the Week: Love

I value my close relationship with others.

☐ You love your child. Let them know every day this week! Each day write them a message or text...

– "I Love You and BELIEVE in you!"

– "You are LOVED! Today will be a GREAT day!"

– "Having a bad day? Don't forget I LOVE you!"

☐ Spread love around like peanut butter. It's a healthy food with substance and it sticks to you!

☐ Any day can be Valentine's Day. Encourage younger kids to make a card for someone. Suggest to older kids to send a quick text (from your phone or theirs) to a loved one.

Week of November 16



Strength of the Week: Kindness

I am helpful and nice to others.

☐ We could all use a little more kindness in our lives. And while it's nice when kind acts enter our lives at seemingly random moments, what if everyone approached being kind intentionally? Check out *Signed to be Kind*, our Kindness pledge for your entire family.

<https://beechacres.org/signed-to-be-kind/>

☐ Help your child(ren) exercise their kindness muscle. Think of someone you want to be kind to, 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!"

☐ It doesn't take much to be kind. If someone you care about is sad, try saying, "It's okay to be sad."

"I'll stay close so you can find me when you're ready. I'm here for you."

Week of November 23



Strength of the Week: Mindfulness

I am present and fully engaged in the moment.

☐ Mindfulness doesn't mean you have to be happy all 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.

☐ When you are in the present moment, you are more aware of the feelings of others. Continue the practice of mindfulness. It helps to build compassion and empathy for others.

☐ As you're washing your 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 have done a thorough job!

Week of November 30



Strength of the Week: Curiosity

I explore the world around me with an open mind and ask questions often.

☐ Embrace all the who, what, when, how and where questions with patience. Parents you don't have to have all the answers.... Google does.

☐ There is a difference in being curious and being nosy. Parents discuss the difference with the family.

☐ It's important for families to get to know each other too. What question can you ask a family member to get an answer that is informative to you?

