

Family Engagement Challenge

September Parenting Tips

Week of September 7



Strength of the Week: Love of Learning

I get excited about discovering new things.

- When your child(ren) share with you something new they've learned that day, **make a big deal about it!** Recognize their strength of Love of Learning. Be grateful they're willing to share their knowledge!
- 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's your mind craving?
- The **Mistake Compass**: The message in the north: "**Learning from our own mistakes**"; the west is "**Learning from the mistakes of others**"; and the south is "**Being willing to make as many mistakes as it takes.**" Finally, in the center of the wheel is "**Learning that there is no such thing as a mistake**".

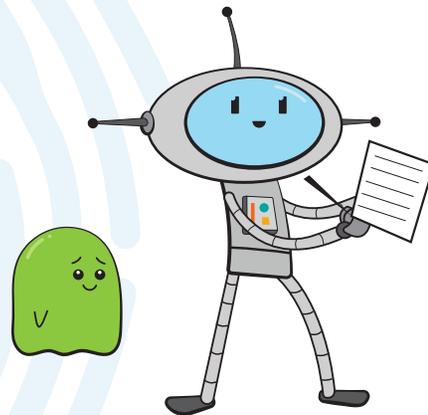
Week of September 14



Strength of the Week: Hope

I feel positive when I think about the future.

- As a family, write down something you are hopeful about for this week, month or for the rest of the year. What role will you play in making it happen?
- Make a mental "Hope Chest". What happy thoughts will you fill it with throughout the day?
- We all are facing these challenging times together. Discuss with your family how you can find hope even in challenging situations.



Week of September 21



Strength of the Week: Mindfulness

I am present and fully engage in the moment.

- Take a moment with your family to stop and notice 5 things you hear, 5 things you see, 5 things you smell, 5 things you can taste and 5 things you can touch.
- Can you find a rainbow in your home? Rainbows make everyone smile. Enjoy the beauty of seeing rainbows wherever you are. Find a comfortable seat and focus on your breath. Begin to look around the room and find every color of the rainbow. A **red** book, the **orange** rug, a **yellow** pencil, the **green** plant, the **blue** cup, the **indigo** blanket and the **violet** vase. Rainbows are everywhere!
- Memories are one of the most precious things we have. They're what makes a family unique. **What memories define your family?** Sit down together and take turns sharing a favorite memory. A fun staycation or when the home-made birthday cake looked a mess, but it was the best tasting cake ever!

Week of September 28



Strength of the Week: Self-Control

I can stop, wait, and manage my emotions.

- Have your child practice pausing and thinking before they react to a situation. Role play different scenarios and make them wait 10 seconds before responding.
- We know your family is stressed for many different reasons. Today set an intention to practice self-control with a few mindful breaths every hour. Breathe in through your nose and blow out through your mouth three times. As you are exhaling tell yourself things will get better!
- Talk about how your family will practice self-control when a family member, sibling or friend makes them angry.

