

Family Engagement Challenge

January Parenting Tips

Week of January 4



Strength of the Week:
Creativity

I can think of lots of ways to solve problems and use my imagination

- ❑ Just because the holidays are over that doesn't mean you have to put your creativity on the shelf. It's still a great time for you to get creative in the kitchen and show off your culinary skills. Pull out a favorite family recipe or look up a new recipe online with your child(ren). What ever you do make it uniquely yours!
- ❑ You may just be returning to school or a virtual classroom from winter break. Take some time to explore something new your family might be interested in doing in the new year. Everyone gets a turn to express themselves as creatively as your mind will allow.
- ❑ Tonight's dinner may not be creative (pizza again?!) but your family can be. Create a story as a family during dinner. Take turns adding a few sentences to the story and then the next person must add to it. What magical or mystical place will your story take your family?

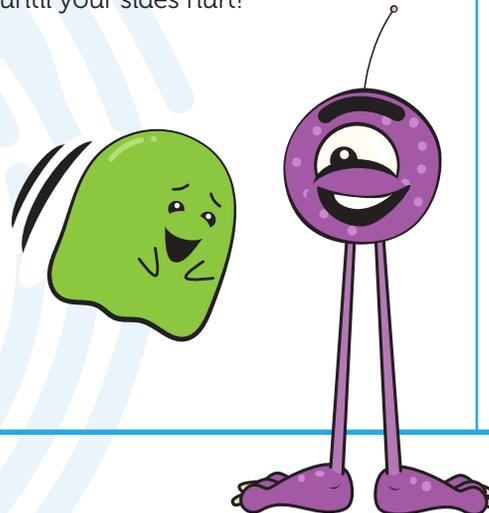
Week of January 11



Strength of the Week:
Humor

I like bringing a smile to others.

- ❑ Before you eat dinner tonight tell everyone before they eat, they must tell a joke!
- ❑ Plants come in all shapes and sizes. If you could choose to be a silly looking plant that makes you laugh, what plant would it be? Why?
- ❑ Onomatopoeia means to imitate sounds like, *Crunch! Meow! Honk! Boom! Woof!* How many words can your family come up with that makes your child(ren) or sister/brother laugh until your sides hurt!



Week of January 18



Strength of the Week:
Mindfulness

I am present and fully engage in the moment.

- ❑ Find an object that you use every day. Turn it upside down, and sideways. Study it for a moment. After seeing the object from a new angle, what thoughts come to mind? Ask your child(ren) to do the same!
- ❑ Try a 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. With 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!"
- ❑ As you are mindfully 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 didn't go well in your day? 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 washed your hands for 20 secs.

Week of January 25



Strength of the Week:
Prudence

I carefully and thoughtfully approach situations I encounter.

- ❑ It's always good to revisit with your child(ren) safety procedures around cars, crossing the street, railroad crossings and riding bikes. "An ounce of prevention is worth a pound of cure." - Ben Franklin
- ❑ Prudence and mindfulness go together, like cookies and milk. Help your child(ren) appreciate the benefits of taking a five-second breather before jumping into a plan or decision.
- ❑ This is a reminder 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. This is a great strength to illustrate to your child(ren).