

Family Engagement Challenge

October Parenting Tips

Week of October 5



Strength of the Week: Perseverance

I work hard to achieve my goals and don't give up.

- ❑ Complete a jigsaw puzzle together as a family. Help each other complete the task and encourage each other when you get stuck or frustrated.
- ❑ Question: What's the biggest difference between people who succeed and people who fail?
Answer: People who succeed keep working at "it", even when they fail.
- ❑ Praise makes you feel good about yourself. Give your child(ren) praise for completing their homework, paying attention during distance learning, or when they accomplish something that was very challenging for them to do.

Week of October 12



Strength of the Week: Mindfulness

I am present and fully engage in the moment.

- ❑ There's no doubt you're tired of looking at your tablets, cell phones and computers. During dinner turn off all your devices and make this a night of mindful listening. Have everyone share one good thing that happened that day and celebrate that moment!
- ❑ Start your day with a marvelous movement moment with music! Choose a song from your favorite artist. Close your eyes while listening to the lyrics. Feel the energy of the music and allow your body to sway to the music.
- ❑ 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 and **respond** appropriately.

Week of October 19



Strength of the Week: Gratitude

I appreciate the good things that happen to me.

- ❑ You may have to teach your kid(s) to feel grateful. Try stating out loud what you're grateful for. Special time with family, a Facetime call with grandparents, a B+ on that math test, a new pet, or even just the beauty of a cool fall day.
- ❑ Take some time designing and writing cards. Plan to send them to grocery stores, hospitals, and first responders expressing your gratitude for their bravery and perseverance during this pandemic.
- ❑ Behind the mask your eyes can smile. If a friend makes you laugh or a teacher strength spots you, let him or her know you're grateful for their kindness by saying thank you! A wide smile behind the mask puts a twinkle in your eyes!

Week of October 26



Strength of the Week: Friendship

I get along well with others and my friends can count on me.

- ❑ Go through your contact list and email, text, or call old friends... let them know you're thinking about them and wish them well.
- ❑ Encourage the strength of friendship outside of the classroom by sharing your own experiences with friendship. Share with your child(ren) how you helped a friend and how you counted on a friend to help you.
- ❑ In this new normal, what does friendship look like? Facetime calls after school, chats during video games, or constant messages. How about sending out a "missing my BFF card"?

