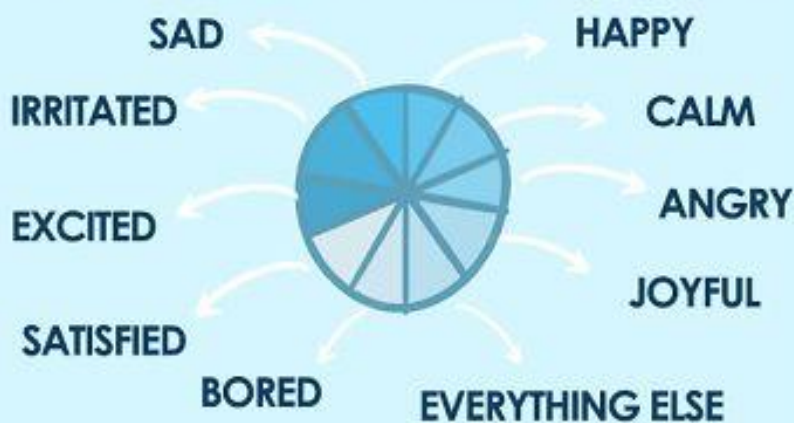


What we want our child to feel:



What they really need to feel:



“As a parent the **coolest** tool I **learned** was when one of my kids starts complaining to me about something was to say “do you **need** me to get **involved**, offer **advice** or **just listen** to you? 9/10 they just want my **ear**”

b

Mom Shortcut #479

Parenting

5 Ways To Be A Positive Parent:

1. Validate, empathize, and sympathize
2. Let your child express their emotions
3. Help your child see mistakes as learning opportunities
4. Set consequences that make sense for the situation
5. Be age-appropriate, talk at your child's level

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3 TIPS

FOR PARENTING THROUGH HOLIDAY STRESS

Big Life Journal

1. MAKE SPACE FOR BIG EMOTIONS

Encourage children to **name what they are feeling** about the holiday season.

Sadness about not getting to go to Grandma's house might include feelings of **longing** to see relatives or **worry** that it may be many months before the next visit. **Anger** about not getting to take the annual family vacation might be tangled up with **jealousy** about what other kids are doing.



2. FOCUS ON GRATITUDE

★ Start an **evening gratitude ritual**: At the dinner table or during bedtime, ask each family member to share one thing they are grateful for from the day.

Examples:



★ Take on a **social media gratitude challenge** together. Search for hashtags like #100daysofgratitude or #gratitudechallenge, or make up your own rules.

3. PRACTICE REFRAMING

Together with your child, **practice finding better-feeling thoughts**.

Instead of:

Say:



"We can't do any of the things we usually do this holiday."



"We are going to make new traditions this year."



TOP 10 PARENTING TIPS

EVERY PARENT MUST FOLLOW

1. Discovering your child's strengths.
2. Praise and rewards more, punishing negligible.
3. The emotional reaction of anger, sarcasm and ridicule must be avoided
4. Sibling comparison : unadvisable
5. Constant support
6. Positive attention
7. Digital use Monitoring
8. Self balance
9. Role modeling for child
10. Never give up

MEAL TIME TIPS

STRESSFUL



"Finish your dinner"

-Kids are pressured and refuse to eat

PEACEFUL



"How many strawberries fit on a fork?"

-Kids learn to explore and try new foods



Parenting Tip No. 20

SHARING

Sharing is a vital life skill. Toddlers and children need to learn the meaning of sharing so they can make friends everywhere they go and play cooperatively. Teaching your children at home the importance of sharing will go a very long way once they are old enough to go to child care, preschool or kindergarten.

- » Always point out good sharing. For example, you can say things like, "Look your sissy was sharing her toys really well. That was so nice of her."
- » Always praise when you see your child sharing or taking turns. "I like the way you let your friend Polly play with your toys. Great sharing!"
- » Play games with your children that involve sharing and taking turns. Be vocal "Now it's your turn," "Now it's my turn" or "I share my cars and you share your trains."
- » Talk to your children about sharing before playdates or before school. You can say something like, "Once you get to school and it's Lego time you'll need to share some of yours with your friends."



Parenting Tip No. 3

MANAGING YOURSELF WHILE MANAGING THE FAMILY SHIP

START YOUR DAY OFF RIGHT.

If you know you need to have coffee or take a shower before you begin your day, be sure to schedule for it.

KEEP A SCHEDULE FOR EVERYONE IN THE HOUSE.

Be sure to include wake up/nap/bed times, meals, chores, self care, etc.

TAKE A BREAK.

Set aside 15 minutes every day for self-care, such as meditating, going for a run, catching up with a friend, enjoying the outdoors or silently soaking in a tub. Believe it or not, this will help you feel better about yourself and your parenting.

EXERCISE REGULARLY AND EAT BALANCED MEALS.

It's recommended that you get 2.5 hours of physical activity a week and eat 2-4 servings of vegetables and fruit a day.

GET ENOUGH ZZZs.

In order to be at your best, it's critical to recharge your battery! More sleep detoxes the brain and improves your mood, health and decision-making skills.



6 Myths of the Working Parent

MYTH #1

They are either good parents or good employees

Parents who do not work outside the house are not necessarily good parents, and those who do, are not necessarily bad parents.

MYTH #2

The parent who is employed outside the house is the only "working parent"

Maintaining a clean, healthy environment and a stocked refrigerator, cooking meals, keeping track of what activities the kids are engaged in and caring for the pets are all on the daily agenda.

MYTH #3

Parents who work do not spend enough time with their children on homework and other projects



Parents who spend quality time with their children when they are home, will model relationship and confidence building, respect, shared responsibilities, honesty, and more, often without saying a word.

MYTH #4

Working parents care more about their needs than those of their children

This is no more accurate than saying that non working parents care more about their children's needs than their own.

MYTH #5

Mothers who hate to clean and cook choose to work outside the home

There is no evidence that dislike of these two tasks is the motivator for working moms

MYTH #6

Work should be the responsibility of the "man of the house"



Most couples share the responsibilities of the house and divvy them up according to expertise, available time, schedules, and the like.

Make a Difference: PARENTING TIPS

Despite what Amazon will tell you, **KIDS DON'T COME WITH AN INSTRUCTION MANUAL.** While most parents feel more than just a little overwhelmed, it's good to remember that the most important thing you can do for your child is to **BE THERE FOR THEM.**

Now that probably seems pretty vague - what does "be there for them" even mean!? Here are a few simple parenting tips to help your child avoid some of the common pitfalls they will face while growing up.

Families Don't Shake Hands, Families Gotta Hug

Any guesses on how long you need to be hugged a day to lower your blood pressure? Only ten. There is an actual cuddle gene, "peptide Oxytocin" that is

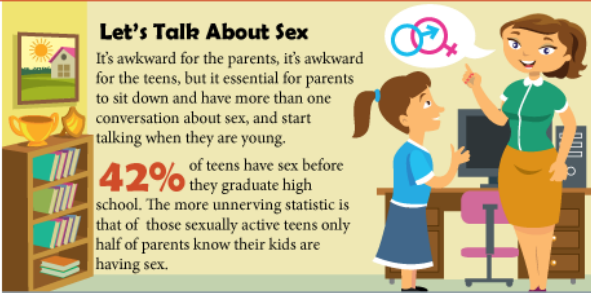
made in the pituitary gland and is known for enhancing family bonding, social behavior and closeness.



Let's Talk About Sex

It's awkward for the parents, it's awkward for the teens, but it's essential for parents to sit down and have more than one conversation about sex, and start talking when they are young.

42% of teens have sex before they graduate high school. The more unnerving statistic is that of those sexually active teens only half of parents know their kids are having sex.



Playing Video Games isn't bad IN MODERATION

We don't mean to melt the Internet but there has been research released recently that shows that not all video game playing is bad. Parents need to still monitor and select age appropriate games for their kids.

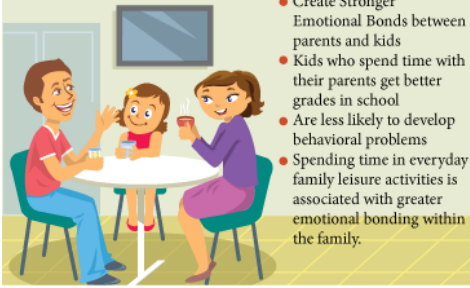
- Video games can provide stress relief for kids.
- Help with aspects of coordination and concentration on visual details
- Help kids relate to one another in some forms of healthy competition.



Spend Time Together As A Family

This tip may not seem earth shattering but when families spend quality time together they can help the kids grow and feel loved. Researchers and therapists have identified 4 positive effects of families that **actually turn off the TV and talk to each**

- Create Stronger Emotional Bonds between parents and kids
- Kids who spend time with their parents get better grades in school
- Are less likely to develop behavioral problems
- Spending time in everyday family leisure activities is associated with greater emotional bonding within the family.



The Family That Eats Together Stays Together

It may take some time and a few disasters before it actually works but research has shown that families who eat together:

- Have healthier meals
- Are less likely to become overweight or obese.
- Are less likely to use illicit drugs.
- Get better grades.
- More likely to hear about a serious problem.



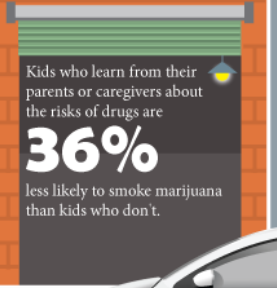
Just Say No

It's not enough to tell your kids to not do drugs. Parents need to be consistent and have open communication about the dangerous effects drugs can have on their lives.

Kids who learn from their parents or caregivers about the risks of drugs are

36%

less likely to smoke marijuana than kids who don't.



Source:
<http://datacenter.kidscount.org/data/Tables/3215-children-living-in-poverty?loc=46&loc=54&detail=5/6/69-6/97/false/867,133,38,35,18/any/9207,9206>
<http://www.deseretnews.com/article/865578987/Utahs-child-poverty-rate-rising-2013-KIDS-COUNT-report-says.html>
<http://www.education.com/reference/article/poverty-effects-children-parents/>
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<http://www.education.com/reference/article/poverty-effects-children-parents/>
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Top 10 Tips for Parents

During the coronavirus outbreak

1

CHILDREN look to adults for guidance. Keeping your stress in check can help manage kids' worries and anxiety.

2

ENCOURAGE children to ask questions and talk about their fears. This provides parents the chance to give age-appropriate information.

3

TEACH children prevention strategies such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.

4

ROUTINE and structure are your friends. Involve children in creating their daily or weekly routine that includes: hygiene, learning, reading, exercise, play, mindfulness, and nutrition

5

STAY CONNECTED. Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.

6

FAMILY TIME. Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.

7

USE THE WEB RESPONSIBLY. Monitor use of social media. There are many online resources for kids to learn. Plan which web sites are appropriate for your children.

8

SELF CARE. Teach children about wellness. Build in time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or a watching a movie.

9

BE ACCESSIBLE. Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and the family well.

10

DON'T PANIC. The community's response to COVID-19 is evolving daily. Know where to get help and information to help maintain the mental wellness of your children and family.

