

Connecting With The Children - Monday

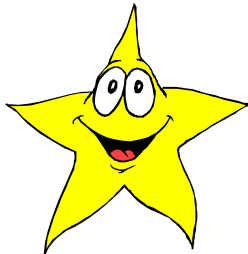


"Tired of Saying No?"

Have you ever gone shopping with your child and they seem to want everything they see? I keep a small notebook in my purse, which I take out and write down what they want. I tell them that although we cannot get it today, I will keep these ideas for your birthday list. As my children have aged, they now ask for their list which they add ideas to. "These lists come in handy at birthday or Christmas time."

Contributed by Ann at The De Pere Center

Connecting With The Children - Tuesday



"Highs and Lows"

As we sit down to eat dinner at night, my family has gotten into the habit of sharing one high point of our day and one low point of our day. By doing this, we accomplish several things: we have instant dinner conversation and we get to know what each other's likes and dislikes are. It also shows our children that no matter what our age, we all can have our ups and downs. "My children particularly like it when my high point is coming home to them after a hard day of work."

Contributed by Sue at The Encompass Business Office

Connecting With The Children - Wednesday



"Bedtime Tradition"

When you have more than one child, it is often difficult to find that one-on-one time. Bedtime has been the greatest time for me to touch base with each of my children. When they have settled in bed, I come in for a few minutes of "together time". Sometimes we read stories while other times we talk about something that happened at school. The one thing they love the best is for me to tell them a story about my memories as a child or a memory I have of them as a baby or small child. "If time is tight and you cannot manage to fit this into an every-night routine, give each child one night a week that they can count on having a few minutes of one-on-one time with mom or dad."

Contributed by Sue at The Encompass Business Office

Connecting With The Children - Thursday



"Feelings Cube"

One thing that you can do to connect with your child is to learn about how each member of the family feels about certain things. Take an old block (or make a 'cube' from cardboard) and write feeling words on each side. Some examples of words to use would be Happy, Sad, Angry, Tired, Loved, Shy, Anxious, Nervous, and Excited. Then each person takes a turn rolling the cube. Whatever word the cube shows when it stops rolling is the word you talk about. If the word Sad was showing, one person takes a turn first and completes the sentence "I feel sad when _____." Then each other family member has their turn. "Before you know it, you are having a wonderful conversation with your children and learning about each other. It's really a fun way to talk with your children and it also teaches them to identify feelings."

*You can do the "Feelings Cube" without a cube, too, simply by choosing the feeling word to talk about, and then each person completing the sentence.

Contributed by Kathy at The Encompass Business Office

Connecting With The Children - Friday



"Car Time"

Every parent is busy. During the times that errands need to be run, take time to talk with your children. Whether you drive or take public transportation, this can be a wonderful time to see how their day went, and to tell them about yours. Offer to take them with you on your errands rather than leaving them at home with a parent or older sibling. "When I drive, I turn off the radio and really listen to what my children are telling me. You would be surprised how much they change from day to day."

Contributed by Barb at The Arlene B. Walter Center