

MY NEW YEAR'S GOALS FOR

Parenting

1. Think about each of your children. What are each of their deepest needs? For example, do they need lots of hugs, do they need a lot of running around, do they like an organized environment? Take note.
2. What kinds of activities can you plan with each of your kids?
3. Plan some activities with your whole family.
4. What are some new responsibilities you can give your child? Can you include them in your weekly chores? Finishing a work task together is a boost to their sense of purpose.
5. What books will you read to your children this year? Choose some classics and keep a Family Reading Journal together.
6. How much time is spent on technology? Write down the times of day your phone should be put aside so you can be fully present with your children.
7. What family routines need to change to make sure your family is healthy. Are you eating well and getting enough sleep?
8. What about mealtime? Studies have shown that problem solving intelligence in kids comes is increased by simple interactions like dinner-table conversations. When are you connecting in conversation with your children?
9. What are you showing your kids about having fun?
10. Write down some specific situations where you can say "Yes!" to your children.

