

CREATE 'CO-WORKING' TIME

Find activities that 'anchor' your child besides screen time.

Parents juggling working from home and watching their kids 24/7 are overwhelmed. It's especially hard to find time for ourselves to get everything done without our kids being glued to a screen all day. (Hey, we will have some days like this, though!)

We all need chunks of time where the kids are 'anchored in' to some engaging activities so we can get our work done and get a moment to catch our breaths! Screen time is one option, but there are so many more... so you can take care of business with less guilt and get a break from giving your kids undivided attention.

What are my kids naturally interested in? Start your list of enticing non-screen options with activities that already capture their attention and focus, the ones they already love and easily get engrossed in.

Think of the times when it's hard to pull your kids away from what they are doing, like when they are reading a book from a beloved series or are working on a lego kit.

What do I have in the house that I can "dust off" and add to the rotation? An old board game at the bottom of the stack, a set of dolls that has been at the back of the closet, a watercolor pad, or a deck of cards? Novelty will help keep the activity list fresh and you don't have to buy new things. It can be as simple as putting 3 things away and taking 3 things out of the closet.

When would I like "co-working" time for myself and my kids? Set aside a time each day or several times a day when everyone 'anchors' into their own projects and activities with little interruption. Make an interruption rule for specific, urgent things... for example, if they get hurt, need help with toileting, can't access their homework portal, or can't resolve a fight. Establish an interruption ritual.

High-Interest Activities:

Activities to 'Dust Off':

Ideal 'Co-Working' Times:

MAKE CHORES MORE MEANINGFUL

How do we get the kids on board with chores?

We are all home more and making more messes, so let's make chores more fun, pleasant and capitalize on this opportunity to teach and learn essential life skills! Shift from getting into power struggles with our children over chores to having some fun and building positive memories of this time with your kids! The goal is to reframe the family's perspective on chores, so it's more of a renewal of the space and a way to show care and consideration. Check out these 3 ways to get kids on board with chores...



Approach chores as an opportunity to teach essential life skills. One pitfall with chores is they can come across as a negative part of the day. Make it less about something they have to do, and more of an exciting opportunity to learn something new. In the classroom we called them "classroom jobs" or "practical life activities." These are activities that help us to skill-up on things that will help us run daily life. Start with something out-of-the-box, like how to prune back a bush without killing the plant, or how to change a tire. Choose something that's not already a power struggle, and if you don't know how to do something, model how to learn- research it together and learn the skill alongside them!



Turn it into a game or challenge. Often, chores seem open-ended, and when we break it down into steps with goals and challenges, it becomes a motivation hack. We can also make it more interesting by turning it into a 'beat-the-clock' game. Try to beat your personal record, or see how fast you can get the task done in a certain amount of time. "How many articles of clothing can you fold in 30 seconds?" "Can you finish this whole basket of clothes faster than last time?" "Your PR is 5 minutes, I wonder if you can do it in 4?"



Make it a fun event, like a family cleaning party. Set aside a special time for working on the house. When you do it all together, everyone is doing their part. This alleviates the "that's-not-my-mess" kind of resistance to doing chores, because everyone is cleaning up everything, so it's just the time to do it and take care of all the messes. Be silly. Make it fun. Play dance music. Help them make the connection between getting work done and having more time to play, and how we can make our work feel like play.

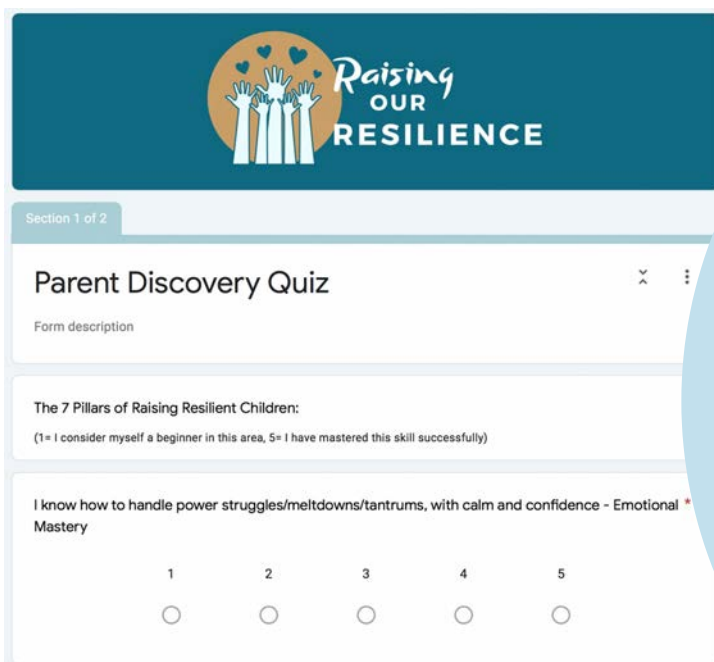


CHILD OUTCOMES:

- **Better friendships, improved social intelligence, and higher reported satisfaction with life**
- **More appreciation and prosocial behavior (kindness and respect)**
- **Less behavior challenges at home and school**
- **Higher GPA and greater engagement in school**
- **Lowered anxiety, depression, risky behaviors, and school dropouts in adolescence**
- **Increased critical thinking skills, striving, and thriving**

Emotional Mastery	Motivation Mastery	Healthy Boundaries	Robust Routines	Conflict Resolution & Repair	Mutual Goals & Teamwork	Positive Relationships
<p>Handle power struggles, meltdowns, and tantrums with calm and confidence</p> <p>Use and share self-regulation strategies to manage strong emotions</p> <p>Develop personal practices to generate calm & alleviate stress</p>	<p>Win cooperation and motivate engagement and desired behavior with limited use of rewards and punishments</p> <p>Use and share self-motivation strategies and a growth mindset to fulfill potential</p> <p>Develop personal motivation 'hacks' and tools.</p>	<p>Set limits clearly, consistently, and fairly, offer choices, and when necessary, use related, reasonable, and re-enforceable consequences</p> <p>Model self-reliance and relationship-building strategies to seek support and meet needs</p>	<p>Design realistic routines based on the skills and responsibilities of family members</p> <p>Preview and rehearse routines, to establish roles, steps, and test the plan ahead of time</p> <p>Build in time to connect with each family member, self-care, and 'Me Time'</p>	<p>Practice and guide children toward a variety of problem-solving strategies</p> <p>Stay curious and prioritize seeking solutions vs. giving consequences</p> <p>Repair mistakes and role-model how to recognize, reconcile, and resolve them</p>	<p>Facilitate a mutual understanding of shared values and preferred home culture, where each family member contributes</p> <p>Troubleshoot, revisit issues, solve problems, identify common goals, make agreements, and plan events with family meetings</p>	<p>Demonstrate appreciation, kindness, respect, and trust</p> <p>Recognize each family member's interests, character strengths and preferences in giving and receiving affection</p> <p>Practice forgiveness & vulnerability</p>

YOUR PARENT DISCOVERY QUIZ



Which pillars are your strengths? Your challenges? Find out now!

[Take me to the Quiz](https://forms.gle/R8frwJk3OZvOjU1z9)

(<https://forms.gle/R8frwJk3OZvOjU1z9>)

WE ARE IN THIS TOGETHER



YOU DON'T HAVE TO DO THIS PARENTING THING ALONE.

If you haven't already, JOIN US in our Raising Our Resilience Facebook Group, and hang out with parents like you who want to learn more parenting tools in a safe, supportive, & fun community.

Click **HERE** to join:

<https://www.facebook.com/groups/RaisingOurResilienceParents/>

What's your plan and how will you make it happen?

If you're not sure about your next steps, I can help you! Go ahead and apply for the complimentary 20-minute Parent Strategy Session to see if you qualify for additional support. The application is in the second section of the [Parent Discovery Quiz](#). We'll get you a personalized plan and will see if it's a good fit to work together, with zero obligation, of course!

Here's the link to the quiz again:

<https://forms.gle/R8frwJk3OZvQjU1z9>

Don't be shy! Stay in touch

Email me at

raisingourresilience@gmail.com

or sign up for our weekly digest

www.weeklyparentdigest.gr8.com

