



Positive Parenting Tips for January

Okay – Christmas is done for another year, the kids are back in school again – what a relief!! Or is it? With all of the holiday excitement, it can be hard for families to stay on track with being positive parents and caregivers. The weather is doesn't exactly welcome youngsters outside – or oldsters, for that matter – and the bills, housework, and other responsibilities just keep on coming.

Here are some Positive Parenting Tips for January:

* Remember to Have Fun!

Laughter is the glue that keeps families together, so try to find something fun or funny to share with children at least once a day. Ideas: try a knock-knock joke, watch a cartoon (appropriate for kids) together, find a funny video to share.

* Have a Special Meal Together at Least Once a Week

This doesn't have to be fancy or expensive – how about a picnic lunch (or supper) on a blanket (or plastic tablecloth) on the living room floor? A fancy “dress-up” meal at the table by candlelight? Pick your pizza (toppings – you can buy prepared pizza crusts and sauce and let everyone make suggestions for toppings)? A backwards, upside down, crazy meal: dessert is first –upside down cake (of course!), then exotic foods like octopus steaks (really chicken), green spaghetti (really – it's made with spinach), and far out fruit (how about trying a fresh pineapple, coconut, or mangoes) – the possibilities are endless and fun. . . and usually edible!

* Take Time for Yourself

Plan for and set aside some time to take care of you! Whether that is asking a friend to watch the kids for a couple of hours so you can have a long, peaceful, (and most importantly) uninterrupted bath, going out with your partner or friends, or just taking time to do something you enjoy – you can't meet children's needs consistently if you don't take care of yourself!

Have a Happy, Safe, and Warm January!!!