



PARENT 2 PARENT NEWSLETTER

December, 2016



MODELING GOOD BEHAVIOR

Modeling good behavior is important for your children, no matter what their age. It is important to remember that they are always watching...

What you do: show your children how you want them to behave.

What you eat: take care of yourself to demonstrate respecting their bodies and their health.

What you say: talk to your children about managing their behavior and how they treat other people.

- Include your children in family discussions and making rules and consequences.
- Practice what you preach. Avoid comments that imply needing alcohol to unwind.
- Enjoy a healthy lifestyle by eating well and exercising regularly. Try to avoid making negative comments about your body – and other people’s too.
- Take responsibility for your own actions. Admit your own mistakes and try not to blame everything that goes wrong on other people or circumstances.
- Demonstrate a love of learning, a positive attitude, and kindness and respect to others.



Parent Networking Social Event

January 26, 2017

6:30-8:30

Brickside Grille

Come meet other DASD parents and talk about important parenting topics in a casual and fun way.

ACTIVITIES TO DO AS A FAMILY

Life is hectic for everyone this time of year, but it still is important to show your kids that you are making exercise a priority. Just because there’s less sunlight in the winter doesn’t mean that you have to hibernate. Here are ways to take advantage of the colder months by spending quality time being active as a family.

Inside...

- **Wheelbarrow, animal races.** Hop like a bunny or frog, squat and waddle like a duck, etc.
- **Clean-up race.** Set a timer or put on a song to see who can clean the room the fastest.
- **Popcorn pushups.** Put a small bowl of popcorn on the floor, lower yourself down and stick out your tongue to get a piece of popcorn.
- **Set up a tabata circuit.** Download a timer app and challenge each other to do 20 second intervals of any age appropriate exercise (jumping jacks, burpees, lunges, etc...)

Outside...

- **Winter hike/scavenger hunt.** Go for a hike in the woods and make a collection of stuff from nature.
- **Do a good deed.** Pick up litter in your community, walk dogs at your local animal shelter, or shovel an elderly neighbor’s front walk.



Resources and websites:

Communities that Care of Greater Downingtown: dtownctc.org

Parent2Parent: <http://dtownctc.org/parent2parent-2/>

<https://www.verywell.com/> <https://raisingchildren.net.au>