

**YOU
GOT
THIS!**

CELEBRATE MILESTONES!

If your child tried something new or had a victory today, talk about it. Make up silly awards and bestow them at dinner. “Bobby wins the ‘Didn’t Complain About Boredom Award’! Bobby gets to dish his food first! Yay Bobby!”

ANTICIPATE AND PLAN FOR CHALLENGES!

Prepare in advance for doctors office waiting rooms, long road trips, any situation where you’ll be tempted to give in. Make a plan and stick to it. A ziplock in your purse with playing cards, crayons, stickers, paper—this can go a long way.

**A GOAL
WITHOUT
A PLAN IS
JUST A WISH.**

Antoine de Saint-Exupéry

**EDUCATION
IS TEACHING
OUR CHILDREN
TO DESIRE THE
RIGHT THINGS.**

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AMP UP PARENTAL CONNECTION!

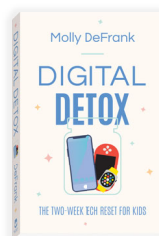
Studies have shown that sharing an experience with your kids has a profound impact on their wellbeing. Keep it simple. Play tic-tac-toe, go for a walk. Simple and basic are still meaningful.

**CHANGES THAT SEEM SMALL
AND UNIMPORTANT AT FIRST
WILL COMPOUND INTO
REMARKABLE RESULTS IF YOU’RE
WILLING TO STICK WITH THEM.**

JAMES CLEAR, ATOMIC HABITS

RECRUIT A FRIEND TO DETOX WITH YOU!

This will help with parent accountability and give your kids the benefit of a play mate or friend in the same boat.



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**A HARD
BEGINNING
MAKETH A
GOOD ENDING**

JOHN HEYWOOD

Antoine de Saint-Exupéry

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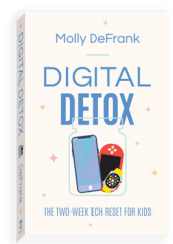
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