



Brought to you by YOUR Organization

Welcome to the Parenting Hub!

January 2023

Setting a Vision for the New Year!



*Parent Connex™ is under the Beech Acres Parenting Center umbrella of programs.
Serving children and all the adults in their lives for over 170 years.*

Set an Intention for 2023 For Your Head, Heart and Hands.

Before you flip to the next slide take a moment to...

- Imagine what this year could look like if you take the time to genuinely connect with your family and with yourself?
- When you think about the past year, what strengths showed up the most in your family?
- What values resonate with you going into the new year? What words come to mind when you imagine the year ahead of you?



NATURAL STRENGTH PARENTING™

UNCOVERING THE **STRENGTHS** OF ALL **CHILDREN**
WITH A **MINDFUL** FRAMEWORK
FOR **INTENTIONAL** GROWTH.



Intentionality

Living a proactive, purposeful life instead of a reactive life on auto-pilot.



Character Strengths

Seeing and growing my child's natural gifts starts with an awareness and appreciation of my own strengths as a parent and human being. Doing so leads to a sense of empowerment and connection with our life's passions.



Mindfulness

Being present, fully engaged and accepting in each moment enables me to see personal strengths and carry out my intentions.



Intentionality

Living a proactive, purposeful life instead of a reactive life on auto-pilot.

*"An **intention** is something you want to manifest in your life or some guiding principle that you want to live by. While **resolutions** are hard and fast goals that are either achieved or broken, intentions are broader ideas."*

- Diana Raab, a psychologist and author



Intentions for our heads:



Intentions for our hearts:



Intentions for our hands:

Visit this site:

<https://beechacres.org/setting-intentions-for-2023/>

to print out a form, if you'd like, as you work through the following slides.

What top strengths did your family use the most last year?



Appreciation of Beauty
I value and respect the unique qualities in everything I see around me.



Bravery
I take on challenges and speak up for what is right.



Creativity
I can think of lots of ways to solve problems and use my imagination.



Curiosity
I explore the world around me with an open mind and ask questions often.



Fairness
I believe everyone should have the same opportunities.



Forgiveness
I believe that everyone deserves a second chance. I can let things go.



Friendship
I get along well with others and my friends can count on me.



Gratitude
I appreciate the good things that happen to me.



Honesty
I am open and truthful.



Hope
I feel positive when I think about the future.



Humility
I let my accomplishments speak for themselves.



Humor
I like bringing a smile to others.



Kindness
I am helpful and nice to others.



Leadership
People value my opinion and look to me for direction.



Love
I value my close relationships with others.



Love of Learning
I get excited about discovering new things.



Perseverance
I work hard to achieve my goals and don't give up.



Perspective
I can see other people's points of view and offer good advice.



Judgment
I am open-minded and think through my decisions.



Prudence
I carefully and thoughtfully approach situations I encounter.



Self-Control
I can stop, wait and manage my emotions.



Sense of Meaning
I am discovering my purpose and place in the world.



Teamwork
I like being part of a team and doing my share.



Zest
I approach daily life with energy and excitement.



HEAD

Focus on the strengths
LOVE OF LEARNING and
CURIOSITY to improve
your family's overall
wellbeing.



Love of Learning



Curiosity

Ideas for Your Family. Try picking one to start!

- Involve your family in Identifying values that align with your goals for the year.
- Find a New Hobby or topic to learn about together. This could be involving everyone in a home project, learning about gardening, or researching together about places you want to visit.



Ideas for Your Family.

Try picking one to start!

For younger children.

Maybe set an intention to foster your child's love of learning.

- Read. Read. Read. Make sure to have a time to read to your child(ren). Bedtime is usually easiest, and it can be built into your bedtime routine. Younger children love the repetition of reading the same book, and rhyming books are also fun as they can fill in the words even before they are able to read.
- Songs are also a fun way for children to learn. If your child is having a hard time remembering your phone number, turn it into a song.
- Talk about what you are doing throughout the day. Act like a broadcaster or tour guide and explain things to your child. *"We are at a stop light, the red means stop, yellow means slow, and green means go."* Maybe count each step as you go up and down.
- Include your child in daily activities like cooking and chores. Teach them how to measure out ingredients and talk about sorting laundry. It may take you longer to accomplish, but the benefits are worth it.



Ideas for Your Family.

Try picking one to start!

Most school aged children tend to have homework,
but you can provide fun learning opportunities as well.

- Continue to read with your child, even if they are able to read. You can offer to read chapter books with them or visit the library with them.
- Start a parent/child book club with other parents at your child's school.
- Take your child(ren) places like an art museum (often most are free admission) and get curious about the art they like and read about the artist.
- Strength spot when they are asking questions *"I love your curiosity, you really love to learn!"*
- Focus on learning rather than grades. Instead of talking about the grade, ask what they learned from it. Teach your child that FAIL means **F**irst **A**ttempt **I**n **L**earning.
- Get curious about your child's interests and help foster them with experiences.



Ideas for You.

Take the start of the new year as a fresh opportunity to finally begin something you've been wanting to learn or do.

- Have you always wanted to be in a book club, start one yourself or just read a book. Learn another language, download a language app.
- Set an intention to get started and then create milestones for yourself to ensure accountability. Doing this for yourself can develop your strengths of **love of learning, curiosity, bravery** and **perseverance**.



Remember set an intention
not a resolution.
Give yourself grace.



Ideas for Your Family. Connecting hearts.



LOVE



KINDNESS



LISTENING

Try Booking Quality Time

Did you know spending quality time with those we love is critical to our emotional health? Quality time is time spent one on one with no distractions. Children need about 15 minutes of quality time with a parent a day, which is hard to come by with all the other demands in our lives, so focus on bigger chunks of time for that true one on one time with each child, which may end up being once a week. The rest of the time be sure to have check ins with each member of the family and watch out for signs they need a connection with you.

Be creative if you are limited on time; make the most out of rides together or set time to read a story or watch a show together. **Ask your child what quality time with you might look like.**



Ideas for Your Family.

Connecting hearts. Naming feelings.

For younger children..

- Teach your child about different feelings. Read books about different feelings, or while reading ask your child what the character might be feeling based on the picture and story.
- Name their emotions. If your child is having a tantrum, instead of viewing a tantrum as negative behavior, view it as communication of an emotion or big feelings. Children have the same intensity of emotions as adults, but in a smaller body and less experience. Your child needs help naming their emotion to help tame it. You can help your child learn to regulate their emotions by first co-regulating with them. This can be modeling how you manage big feelings as well as supporting your child through the tantrum. After naming the feelings, use empathy and ask if they need a hug, attention or space.
- Talk about your own feelings and model how you take care of yourself when you are feeling overwhelmed or frustrated.



Ideas for Your Family.

Connecting hearts. Naming feelings.

For older children..

4 As

- Acknowledge
- Attention
- Alone Time
- Affection

- **Some older children may still need help naming their feelings.** Find time to sit with your child and ask what they need when they are having a hard time. They may want you to help name the feeling and provide empathy (**acknowledge**), or for you to just sit with them (**attention**). They may need you to give them space (**alone time**) or possibly a hug (**affection**). If you think of **these 4 A's**, what do you think your child might need and what do you need when you are feeling overwhelmed or frustrated. If you need alone time and your child needs attention, you may need to model naming your emotion and telling your child what you need first before helping them co-regulate. This could look like *“I’m feeling a little frustrated and overwhelmed, so I’m going to take a break or time out to calm my body, then I’ll be back to help you”*. This lets the child know your plan and that you will be back to support.
- As your child’s brain continues to grow and develop, the **tween/teen brain can be overwhelmed in their emotional space**. It may feel like your tween is over-reacting a lot, but this is **developmentally appropriate** given all the changes their brain is going through. Offer **empathy** when they are in big emotions and stay out of fixing or defend/debate. You can come back later to address anything that may have been inappropriate, but in the heat of the moment it’s best to stay calm.

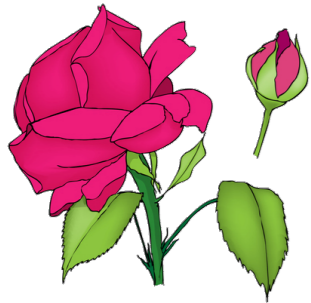


Ideas for Your Family.

Ask Powerful Questions and Listen Expansively to answers.

Ask Open Ended Questions vs Yes/No questions

- Instead of Did you have a good day? Pick an emoji, *“Tell me about a time today where you felt happy, sad, frustrated, or confused”*, *“Tell me about something you did today that was kind.”*



- Have everyone share their "rose" --something good that happened that day, "bud" --something they are looking forward to or excited about, and "thorn" --something that was challenging or difficult.



- When your child responds, listen and avoid jumping in with ways to problem solve if they had a rough day. Instead reflect how that must have felt and be supportive.




Ideas for Your Family.

Ask Powerful Questions and Listen Expansively to answers.

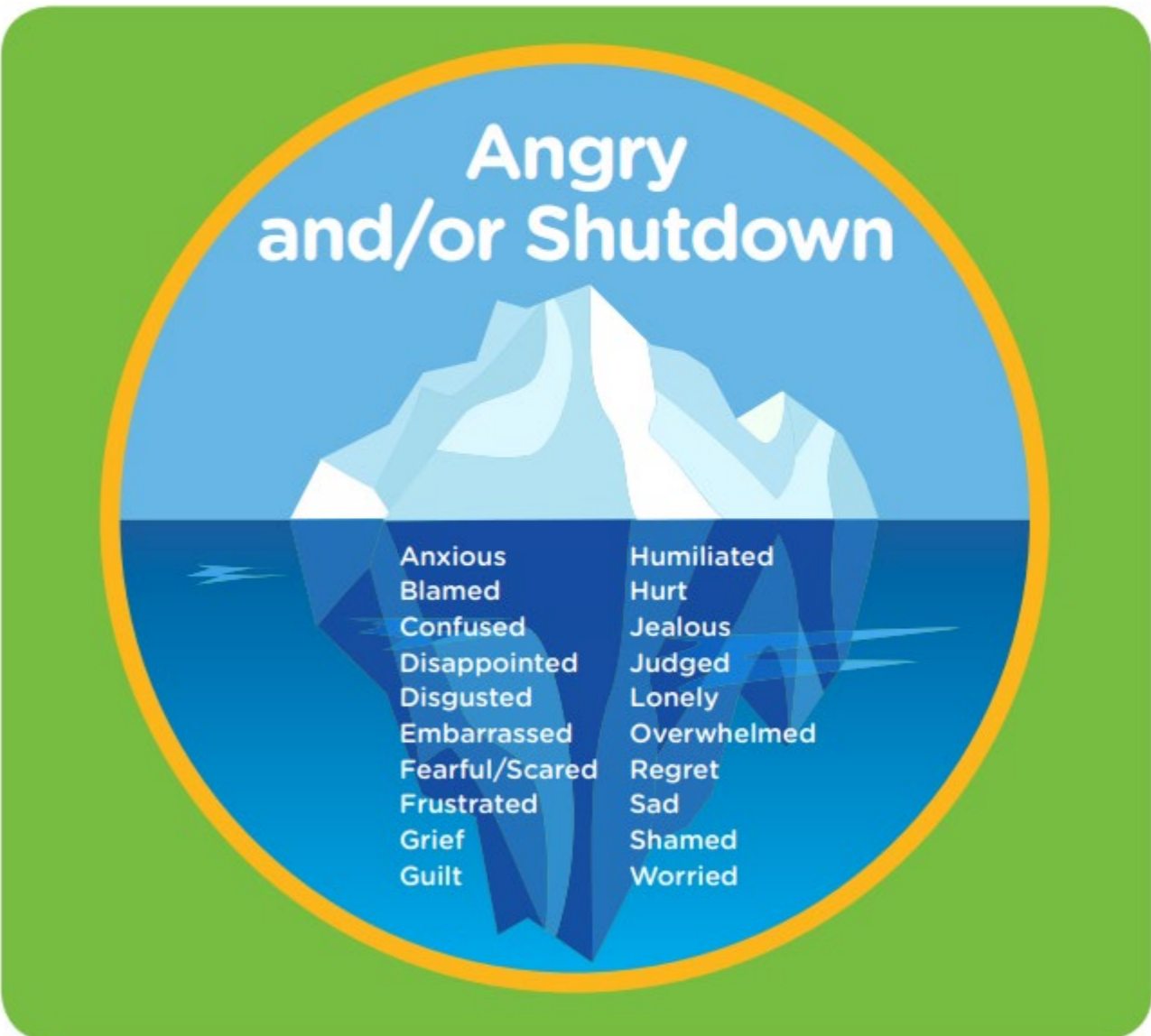
Try using the Iceberg List of Words with Your Child

- You may only see mad, sad or silent. But what lies beneath?

<https://beechacres.org/tip-of-the-iceberg-what-big-emotions-lie-beneath-the-surface-of-your-childs-behavior/>



PARENT CONNEXT™



The diagram shows an iceberg floating in water. The tip of the iceberg is above the water line and is labeled "Angry and/or Shutdown". The much larger part of the iceberg is submerged below the water line. This submerged part is divided into two columns of words representing hidden emotions.

Visible Emotions (Above Water)	Hidden Emotions (Below Water)
Angry and/or Shutdown	Anxious
	Blamed
	Confused
	Disappointed
	Disgusted
	Embarrassed
	Fearful/Scared
	Frustrated
	Grief
	Guilt
	Humiliated
	Hurt
	Jealous
	Judged
	Lonely
	Overwhelmed
	Regret
	Sad
	Shamed
	Worried



Ideas for You and Your Child.

Mindful Minutes. Try One.

Bathtub Breathing

- Water is relaxing, add essential oils. Fill the tub so the water just reaches the tummy when your child is lying down. As they breathe in, they can watch the water softly cover their tummy and as they breathe out, the water recedes. Breathing in 1...2...3...4, hold 1...2, breathe out 1...2...3...4...5. Relax and repeat.

Stuffy Breathing

- Using a favorite stuffed animal on their stomach. Have your child notice their animal going up and down with each breath.

Body Weather

If you were the weather right now, what would you be? Cloudy, foggy, rainbows, sunshine, or is there a storm?

Head, Heart, Body Check In

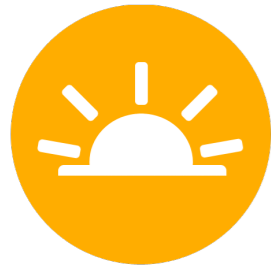
- What is your head saying? What is your heart saying? What is your body saying?

Other Ideas

- Try a breathing exercise before you start your day.
- Do belly breathing exercises before bed.
- ✓ **Start and end your day with a hug.**



Ideas for You. Mindful Minutes.



Hope



Love



Sense of Meaning

Focus on **Love**,
Hope and
**Sense of
Meaning.**

Place your hand on your heart and **think about someone who has recently made a positive impact in your life.**

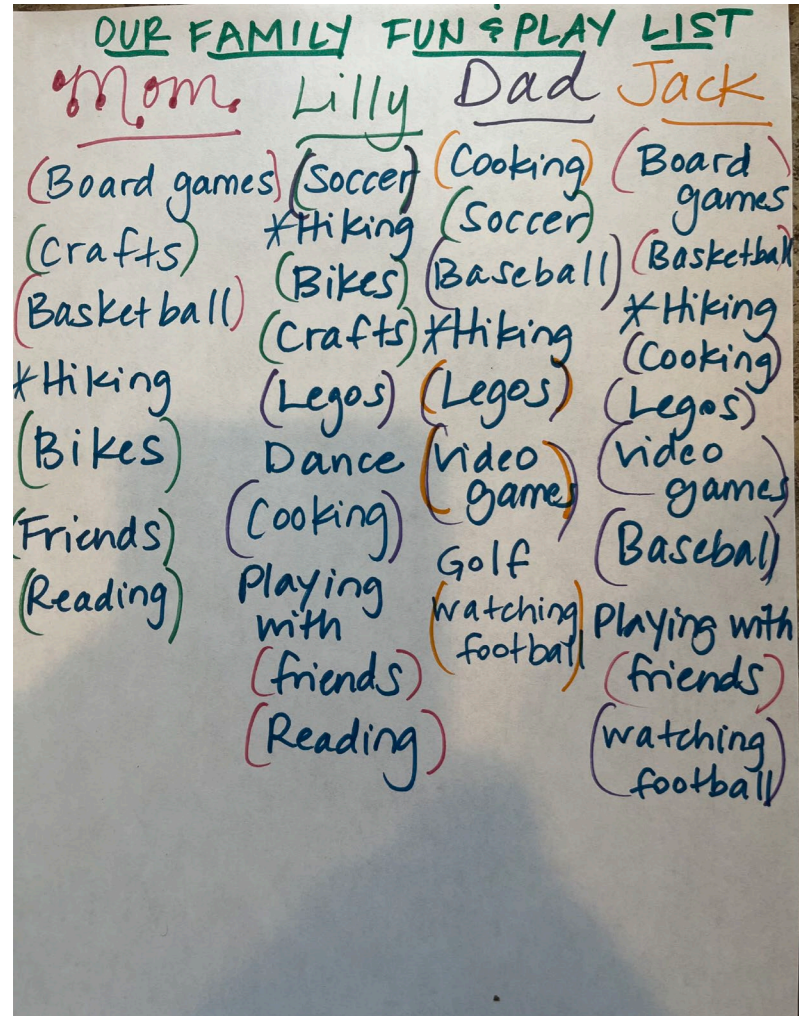
Set an intention to write that person a message of gratitude for what they have done for you.

It helps you focus on your own heart, but also can connect or reconnect you with those you love.



Ideas for Your Family.

Get active together.



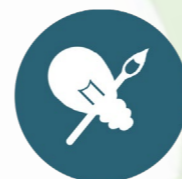
Try focusing on appreciation of beauty & excellence, curiosity, teamwork & zest!

Life can get busy with all the to dos, so be **intentional** about taking time for fun and play as a family.

Be creative in ways to connect with your children. **Have each family member define what fun and play means to them and write out a “fun list”.** You may see some areas that everyone enjoys, so focus on those for family time. Each person can have their own list, which can come in handy when your children **inevitably say they are bored.** 😞



Appreciation of
Beauty & Excellence



Curiosity



Teamwork



Zest



Ideas for Your Family.

Get active together.

Focus on Play with your Younger Children

We often see play as frivolous or unimportant, but unstructured play is how children learn about the world, themselves and others. It is so important that the United Nations listed play as one of the basic rights of every child.

Play can help your child build imagination and creativity. It can foster cognitive growth and healthy brain development. It can improve physical health and teach emotional intelligence, as children can work through challenges in their play. Playing can improve your relationship with your child and can help a child work through a challenge or fear.

Ideas:

- Get out some toys and let your child lead the play.
- Be mindful and present in the moment while your child is playing and reflect back what they say, and how they feel.
- Offer items for dress up and imaginative play.



Ideas for Your Family.

Get active together.

Focus on Play with your Older Children

Play is still important for your child, even your tween or teen. See what activities your older child lists on their fun & play list, then be intentional about carving out time for those activities. Often schedules can get busy once a child enters Middle School or High School, so providing space for fun is just as important.

Ideas:

- Color together—did you know coloring can relax your brain and improve brain function? This can help improve your sleep and improve your focus.
- Have a baking challenge or family game night. This can engage your family's strengths of teamwork and zest.
- Get physical—plant a garden, play a sport, go for a hike. If the weather is not great for being outside, create an indoor obstacle course.

Complimentary Week-Long Classes on a Variety of Parenting Topics Delivered Via Text! Learn more [here](#). Simply sign up on [Arist](#) to get started - classes on ages & stages if you'd like a refresher from December!



Parenting Infants And Toddlers

Parenting Infants and Toddlers is a five-day course designed to share information about physical, cognitive, and emotional traits in infants and toddlers during their...



Parenting Preschool And Elementary School-Aged Children

Parenting Preschool and Elementary School-Aged Children is a six-day course designed to share information about physical, cognitive, and emotional traits in preschool...



Parenting Pre-Teens And Teenagers

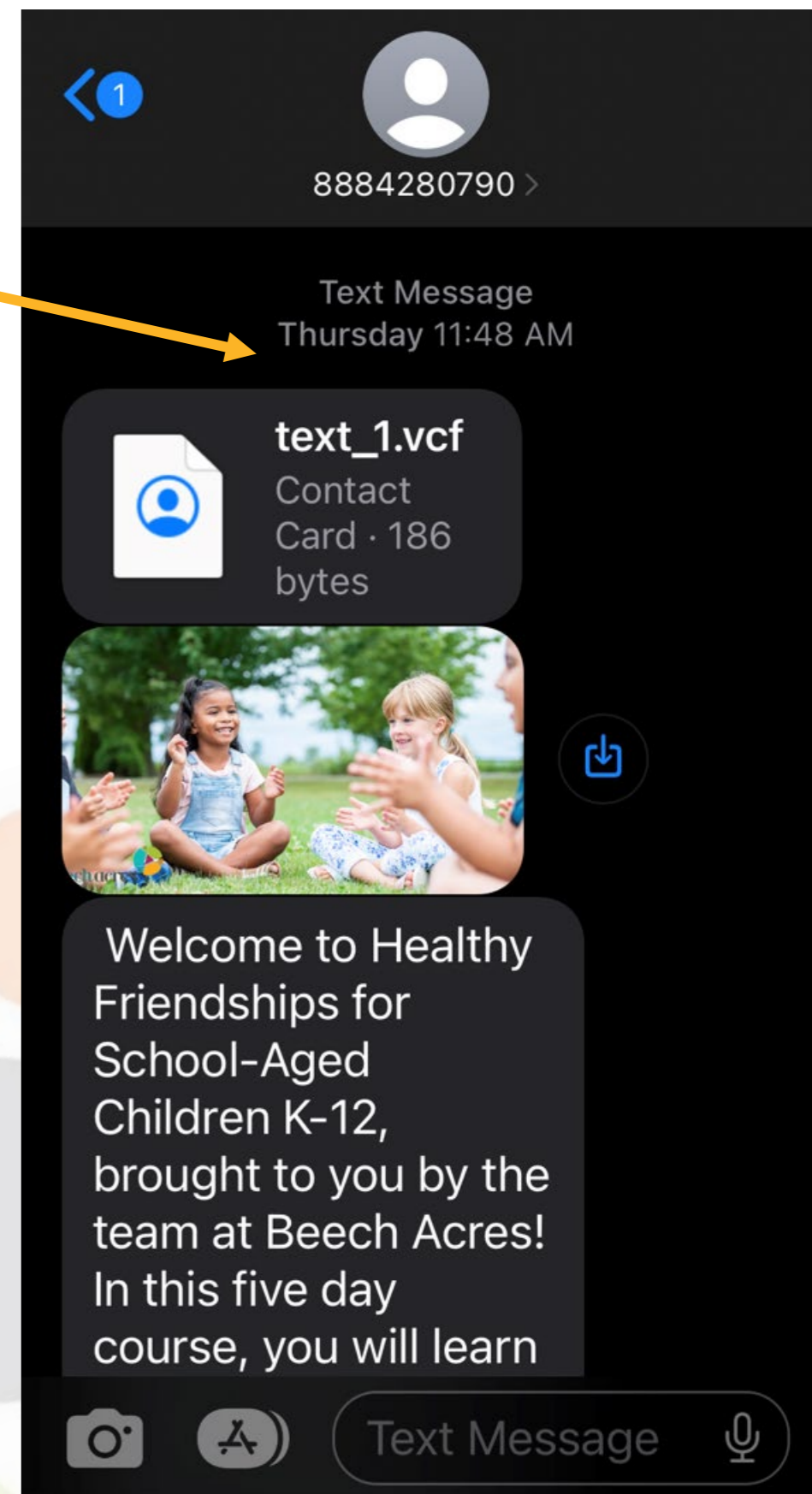
Parenting Pre-Teens and Teenagers is a six-day course designed to share information about physical, cognitive, and emotional traits in tweens and teenagers during...



What will it look like?


If you click on the Contact Card – you can add the 'class' into your contacts and will recognize it for the coming days.

This is Day 1 of Healthy Friendships!



Connect with us!

Families Report a Positive Change in Just 3 Sessions and it LASTS 3 Months Later

After 3 Sessions	3 Months Later... Effect is Still Felt
 Satisfaction as a Parent ✓	 Satisfaction as a Parent ✓
 Self-Confidence in their Parenting ✓	 Self-Confidence in their Parenting ✓
 Relationship with their Child ✓	 Relationship with their Child ✓
 Improved Self-Care ✓	 Improved Self-Care ✓
 Overall Score ✓	 Overall Score ✓

General Population
Statistically Significant Changes
Seen at 95% Confidence Interval
and p value <0.001



If you are interested in something more personal, feel free to contact Katie Helmes at khelmes@beechacres.org to set-up a **virtual** session with a Child Development expert.

In just 3 sessions, their approach has been proven to strengthen the parent/child relationship – with the effect lasting at least 3 months later.

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<https://www.linkedin.com/showcase/parent-connex/>

How are we doing?



Answer 4 quick questions by scanning the QR code and enter to win a family game night package!

Your voice matters. Please scan the QR code for a quick survey.

<https://www.surveymonkey.com/r/MWDJFMD>

Help us do better!



Our vision is a world where every child's natural strengths are nurtured so they realize their endless potential – use your **strength of honesty** to help us get there.

