



ACES/LIVING VALUES
"Knock Your Socks Off"
Parent
NEWSLETTER

Living Values:
An Educational Program,
Inc.

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SUMMER TIP FOR PARENTS: PLAY!

Yes, it's hard to find time in this busy world for play and values activities.....But ask yourself,

- "Why did I have children in the first place?"
- "Why do I love them?"
- "What do I wish I had done more of over the past few years?"

Finding some time every day to play with your children is so important! That precious time is when relation-

ships are enjoyed and the feelings of love grow. The children who get "US TIME" get that full attention which tells them they are valued and valuable.

Ask yourself:

- "What do I enjoy doing myself that I can do with my child?"
- "What would be fun for both myself and my child?"

By playing every day with your children so they can count on getting your full, undivided

attention for ten or fifteen minutes a day, minor problems will simply disappear!

Play pretend games, play outside, play with balls and dolls, play with the simple enjoyment of your children. Introduce them to common games of your culture, and model graceful winning and losing. Teach them things, take them places, but most of all find time to be with them. It is the key to a successful relationship with them.

IF PARENTS MODEL VALUES, KIDS WILL TOO!

Use what you know about giving **PRAISE.**

1. Give Specific Praise
2. Add a quality that will build on a value.

Practice Active and Reflective Listening

1. Reflect Content
2. Reflect Emotion

Stay stable and loving yourself:

1. Think about what you realistically want them to do. At that moment.
2. Communicate that patiently.

LIVING VALUES
RECOMMENDS:

1. **PLAY** with your children this summer! Get exercise and be outdoors.

2. Use the Value of **COOPERATION!**

"When everyone cooperates, we'll all have more fun!"

3. Pay attention to your child's **DIET.** A can of soda can contain **TEN (10)** teaspoons of sugar.

4. Be **EXTREMELY SELECTIVE** with TV...both what **YOU** watch and what you allow your **CHILDREN** to watch.

5. Limit computer time.