

Parent Wellness 2



*"Self-care is giving the world the **best** of you,
instead of what's left of you"*

Katie Reed

INTRODUCTION

WHAT IS IN THIS WELLNESS PACK:

Positive Parenting

- ★Steps to Positive Parenting
- ★Feeling in Control

Your Home Environment:

- ★Play
- ★Positive Learning Environment
- ★Routine and Structure
- ★Chores

Brain Food:

- ★Colouring in for Adults
- ★Word Puzzles
- ★Sudoku

"You can't pour from an empty cup. Take care of yourself first."

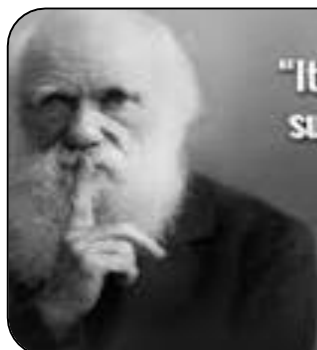
— Norm Kelly

We hope that since our last Parent Wellness book you have taken the time to invest in your own well-being. This is especially important in our current times - our stress levels are high, and we face many uncertainties.

When you take care of yourself, you can be a better parent. Being a good parent is so important as you are setting your child up to succeed in life. The relationship you have with your child is the first and most important connection in their life. They look up to you and you model how to deal with life.

In this book we will focus on what positive parenting means, the importance of play and how to create a positive learning environment. We will also look at the importance of routine, structure and chores. It is vital that you create a home environment where your children feel safe and loved. You are blessed to be a parent and strive to be the best parent that you can be!

When feeling overwhelmed, look for the small miracles. Focus on what is in your control and take time out to relax. We hope you will enjoy the activities we have included for you in this book.



"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change"

— Charles Darwin

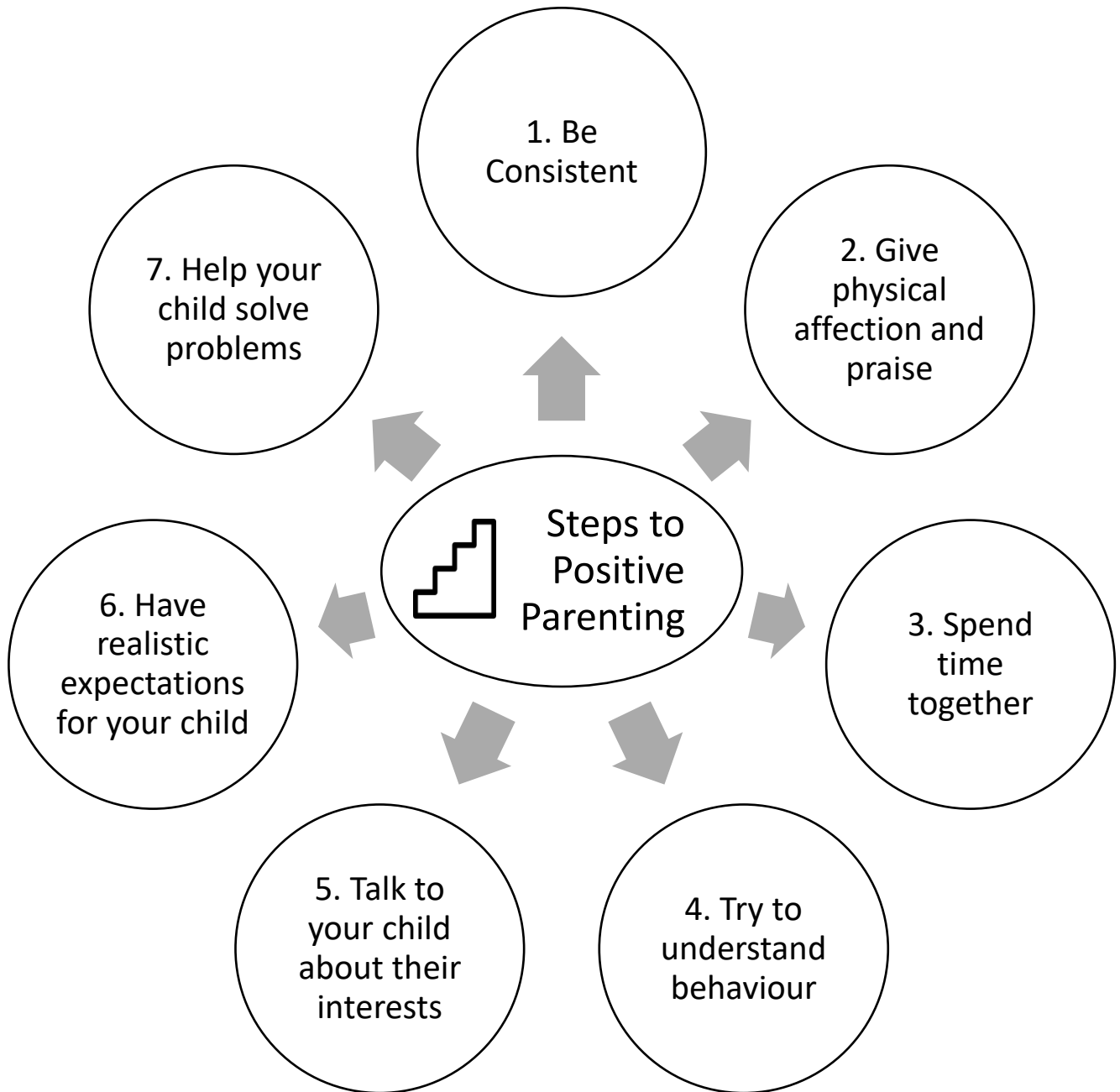
LeadershipQuote.org

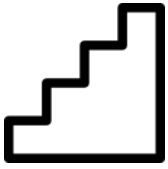


POSITIVE PARENTING

Positive parenting is a method of parenting that focuses on developing a strong relationship between parent and child based on good communication and mutual respect.

The goal of positive parenting is to raise happy, healthy, well-behaved children who care about others.





STEPS TO POSITIVE PARENTING

Creating a positive, open relationship is not difficult if you consistently follow the steps below:

1. BE CONSISTENT

Set clear rules or expectations for your child's behaviour (e.g., going to bed at a certain time, not hurting other children). Explain to your child why you have these rules (e.g., we go to bed early so that you are not tired for school the next day). Correct your child's behaviour every time the rule is broken by reminding them what the rule is.



2. GIVE PHYSICAL AFFECTION AND PRAISE

Hugs and holding hands lets your child feel loved. It also gives them a sense of belonging. Use hugs to help children when they are feeling upset or anxious.

We all like being told that we have done something right. This motivates us to do the behaviour again. Praise and encourage your children often.

3. SPEND TIME TOGETHER

Spend time doing things that you both love. Activities could include, going for walks, going to a park, reading a book, building something, drawing etc. Use this time to talk to your child about what you are seeing, doing and feeling.



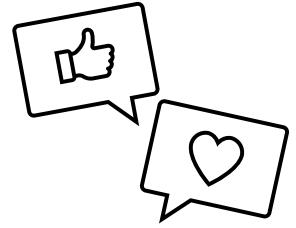
4. TRY TO UNDERSTAND BEHAVIOUR

Your child's behaviour is a clue to what is happening with them on the inside. If they are feeling stressed, unloved or bullied, you may start to see changes in their behaviour. Create an environment where your child learns to talk about their feelings by asking them questions (e.g., "You are very quiet today. Are you feeling sad? OR Is something bothering you?").

DID YOU KNOW: The ratio of praise to punishment is 3:1. That means for every one punishment you give your child, you should praise him/her three times.

5. TALK TO YOUR CHILD ABOUT THEIR INTERESTS

All humans feel valued when we are asked about things that are important to us. Allow children time to talk about their day, their favourite TV show, their friends at school. Listen to them and ask them follow-up questions.



6. HAVE REALISTIC EXPECTATIONS OF YOUR CHILD

Do not expect too much of your child as they are still young and developing.

Children of 4-6 years old can:

- only concentrate/sit still for 5-10 minutes at a time (i.e. they may become restless when sitting longer than this on a task. Give them a short break, then they can focus better again.)
- only follow two-to-three step instructions at once (e.g., "Fetch your school bag and put your lunch inside it" NOT "Fetch your school bag, put your lunch inside then put your shoes on and wait for me at the door".)
- have difficulty controlling their emotions and solving conflicts with others. Don't shout at your child when he/she is crying. Help him/her understand how they are feeling and what they can do to feel better.



7. HELP YOUR CHILD SOLVE PROBLEMS

Don't help your child too quickly when he/she is faced with a problem or challenge. Allow them to try and find a solution, even if they make mistakes. If they continue to struggle and feel frustrated, give them some tips or ideas of what to do. Guiding them to the right answer, instead of doing it for them, will increase their independence and confidence.



FEELING IN CONTROL SO THAT YOU CAN POSITIVE PARENT:

When you take care of your own mental health, you will feel more calm and in control of your emotions.

This allows you to be more present for your child. You will be more patient and respond better to stressful situations.

One method of controlling your stress and anxiety is remembering that you can only control certain things in your life.



HOW TO TAKE CARE OF YOUR MENTAL HEALTH:

- Manage YOUR OWN stress levels ***
- Have strong relationships with family and friends who can support you emotionally and with practical support
- Be active to increase your fitness level and 'feel good' hormones being released
- Have a planned routine and structure to make your days run smoothly ***
- Get enough sleep
- Eat healthy, regular meals and stay hydrated
- Focus on the positive

*** Refer to our Parent Wellness Book I or go to <https://thelearninginitiative.org/resources/> to download your free copy

WHY SHOULD CHILDREN PLAY?

Play is important for healthy brain development.

It allows children to make use of their creativity while developing their imagination, dexterity, physical, cognitive, and emotional strength.

Play allows young children to make sense of the world around them. It helps them to communicate and learn new and exciting skills. These skills include:

- Muscle strengthening
- Imagination
- Social skills
- Language skills
- Concentration
- Self-confidence
- Learning shapes, colours, numbers
- ...And much more!

HOW TO SUPPORT HEALTHY PLAY AT HOME:

All you need for play is yourself, your child, time and a safe environment. You do not need fancy, expensive toys to play. In fact, play can be so much fun with simple recycled household items such as toilet rolls, tubs and bottle lids to only name a few.

Table-top play is important but do not forget to also include outdoor play for strengthening of the big muscles and to get rid of all that extra energy. This will also help your child to concentrate better and sit still for longer during school tasks.

Stories should also be part of play to stimulate language development and imagination. Stories are great just before bedtime to help your child calm down.

Minimizing TV time can help your child become more creative as he/she needs to come up with ideas of what to play. This fosters imagination. Minimizing TV can also have a positive impact on your child's emotions.

TIPS TO ENCOURAGE PLAY:

Make play a priority: Play time, where kids can just be kids, is a necessity for children.

Allow for independence: If your child is old enough, leave him/her to play. He/she will fail and succeed, learning every step of the way.

Provide some guidance: Sometimes, children need a little help and direction to start playing. Leave ideas out for your child to play with. For example, leave a story book on the table. Your child can then use that to play and create an imaginative world.

Be present but busy: Make yourself busy but with nothing too exciting. If you are busy, your child will occupy themselves with play.



"Play is our
brain's favorite
way of learning."

-Diane Ackerman

CHILDREN LEARN BEST IN A POSITIVE LEARNING ENVIRONMENT, BUT HOW DO WE CREATE SUCH AN ENVIRONMENT?



Love your child unconditionally, just the way he/she is.



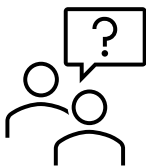
Respect your child - treat your children the way you wish to be treated.



Raise a **happy** child by spending time with them, talking with them and allowing them to be themselves. A happy child is open to learning.



Let your child feel **safe**; both physically and emotionally.



Remind them daily that they are loved, special and unique, which will help improve their **confidence**. When they are confident, they are not afraid to ask questions, to make mistakes and to explore their world.

Loving, respecting, and building your child up, creates an ideal learning environment at home.

ROUTINE AND STRUCTURE

WHY IS ROUTINE AND STRUCTURE IMPORTANT?

Children need routine and structure to learn.

A routine helps children to feel safe. They know when and what to expect and in turn feel like they are in control. In the morning, we get up at a specific time and do things in a specific order – for example: you get up, make a cup of tea, wake up the children, let them go to the toilet, get dressed, make breakfast, brush teeth and rush off to drop your child at school. This is a morning routine.

In the evening you have a specific time for homework and play, bathing, supper, brushing teeth and bed time.

Bed time is a perfect opportunity for you to build a strong and trusting relationship with your child. You can talk about how their day was, how they felt or you can read a book to them.

Making routines for the family may at first seem difficult but it does not have to be. Look at this easy example:

Morning Routine:

6:00 am



6:15 am



6:30 am



6:45 am



Evening Routine:

4:00 pm



4:30 pm



5:00 pm



6:00 pm



6:45 pm



You can make your own routine how it suits your family best but the importance of any routine is that children know exactly what to do and when. **Be sure to stick to these times until the routine becomes a habit.**

"Your habits will determine your future."

-Jack Canfield

Write down important times and activities that you would like to include in your family's daily routine:

CHORES

WHY ARE CHORES IMPORTANT?

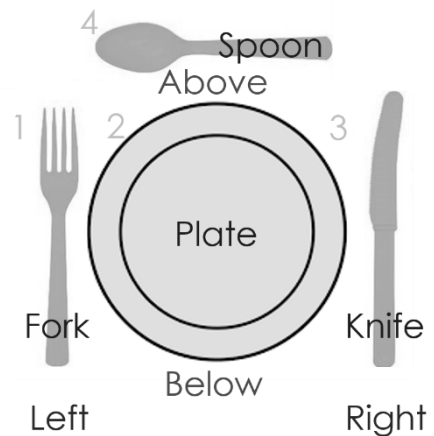
Letting your child do chores should be an important part of your routine. Through chores children learn responsibility. They also get the message that you believe in them and trust that they can do the chore (even if it is not always done right).

Here are a few age-appropriate chores:

- ✓ Helping set or clear the table
- ✓ Hanging their clothes
- ✓ Folding their clothes
- ✓ Packing toys away
- ✓ Feeding the dog

Does your child have a list of chores to do? Write down a few chores your child currently does or can start doing:

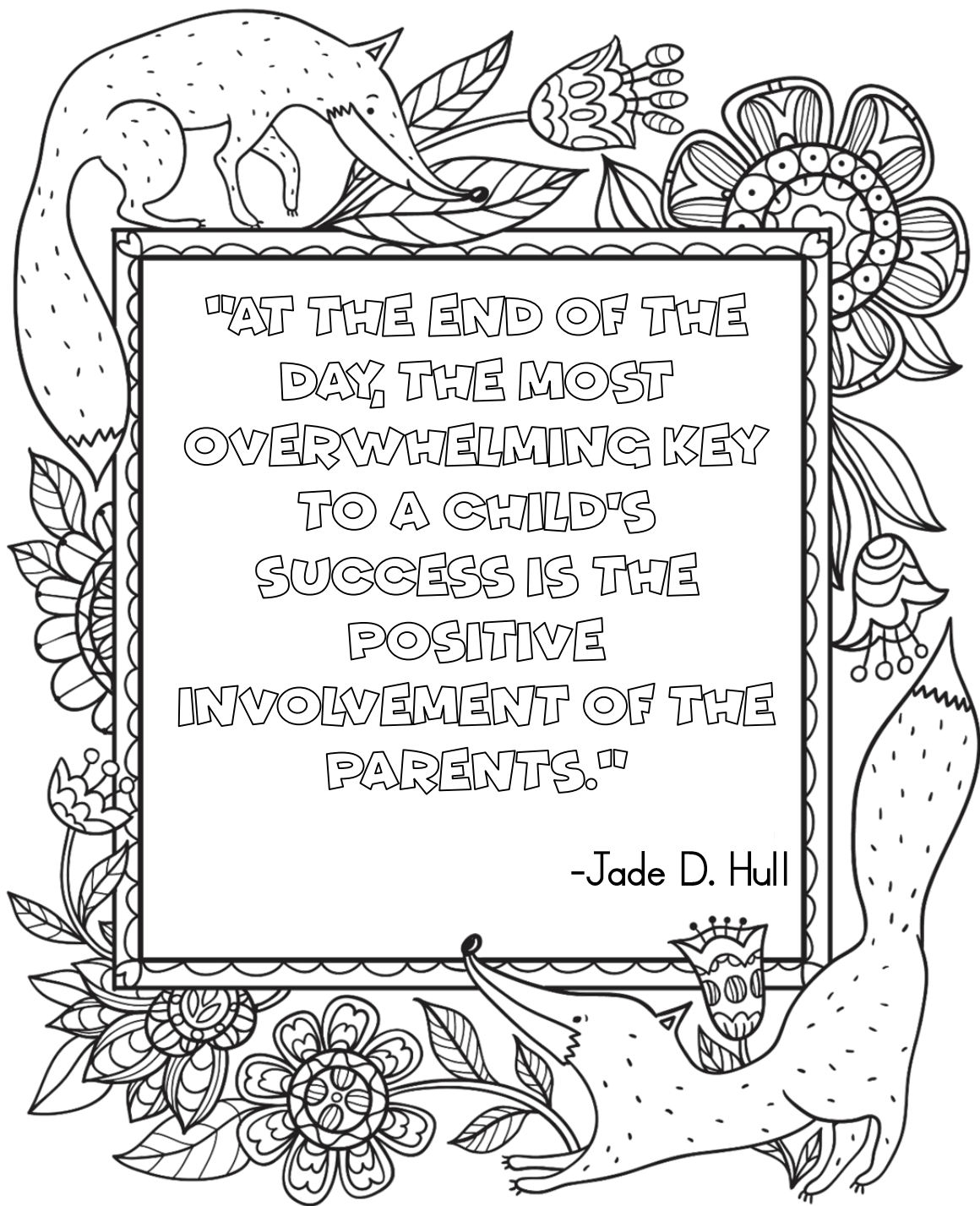
While doing chores, so much is being learnt and practiced. Let us look at what they learn while helping set the table – we teach them new words (fork, knife, spoon), we teach them to count (1, 2, 3..), we can teach them left or right, above and below, we can talk about colours, and different sizes.



While packing their toys away children learn to take care of their belongings, they exercise their muscles, problem solve how to best pack the toys away and maybe they even learn to work in a team.

DID YOU KNOW?

Through routines and chores, you help your child to become more independent AND you have less stress and more time on your hands. The time that you spend together will also be much more fun.



"AT THE END OF THE
DAY, THE MOST
OVERWHELMING KEY
TO A CHILD'S
SUCCESS IS THE
POSITIVE
INVOLVEMENT OF THE
PARENTS."

-Jade D. Hull

GROWTH MIND-SET CROSSWORD PUZZLE

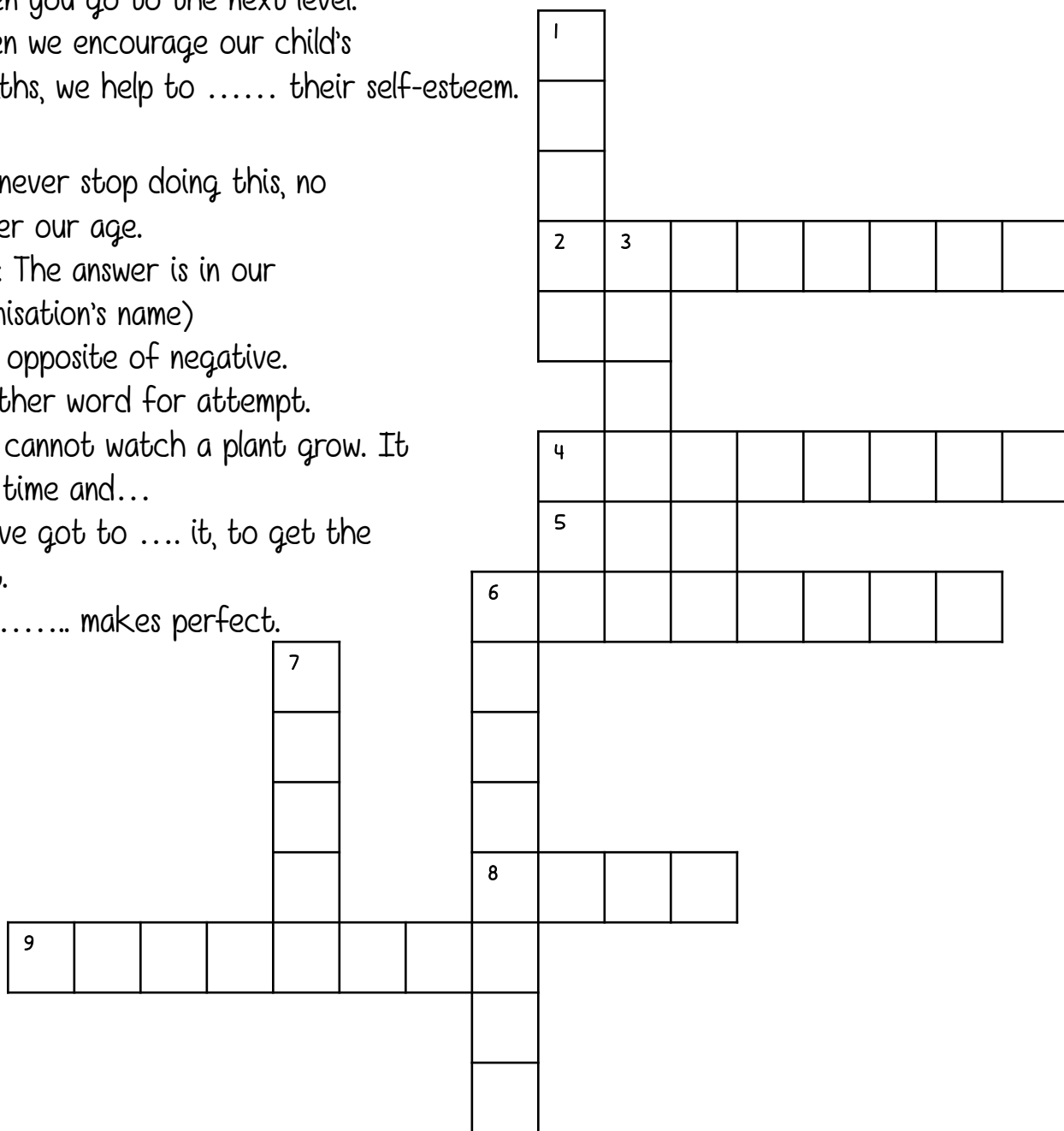
The goal of a crossword puzzle is to fill the boxes with answers to specific questions. The answers that go into the boxes are written across and down. The answers will interlock with one another, so correctly answering one question will give you one or more letters that make up part of a different answer. Read the clue and try to fill the answer into the correct blocks (see answers on page 18).

Down

1. Something you can do with Lego blocks, but also in your own personal growth.
3. If you want to make a change, you need to put in the
6. When you go to the next level.
7. When we encourage our child's strengths, we help to their self-esteem.

Across

2. We never stop doing this, no matter our age.
(Clue: The answer is in our organisation's name)
4. The opposite of negative.
5. Another word for attempt.
6. You cannot watch a plant grow. It takes time and...
8. You've got to it, to get the biscuit.
9. makes perfect.



SUDOKU

For Sudoku:

- ✓ each row, from right to left, should contain the digits 1 to 9
- ✓ each column, from top to bottom, should contain the digits 1 to 9
- ✓ each square with a thick black border should contain the digits 1 to 9

Start with the easy puzzle and then try the medium puzzle (see answers on page 18).
Have fun!

Easy:

4	1		8	3		2		
	5		2			9	1	6
2		6	5	9			8	
		8		2	4	1		5
	2	4			9	6		8
	9	1		8	3			2
9	4	2	3				6	
1					2	3	7	4
6			4	1	8		2	

*"All things are difficult
before they are easy."*

– Thomas Fuller

Medium:

		2				8		
	5	9			1	6		7
			4		3			
		4		5		2	6	9
			6	3	7		5	4
8		6				4		
	1		3					
			2		9		8	1

PARENTING WORD SEARCH

This word search will help you remember important words for a positive parenting style. Look at the word list underneath the puzzle and find the words in the puzzle below. Once you have found the words, circle them and tick them off the word list. Words can be going up, down, diagonal and forwards (see answers on page 19). Have fun!

E	Z	S	S	P	B	V	P	R	A	I	S	E	K	W	R	W	P
F	X	X	H	M	A	L	D	S	T	K	H	S	O	L	V	E	L
I	E	P	B	K	T	R	Z	B	G	G	I	F	D	R	Q	H	A
D	B	A	E	E	B	X	E	V	E	O	J	V	A	A	S	Y	Y
F	Q	A	H	C	S	C	O	N	S	I	S	T	E	N	T	R	E
B	B	W	A	T	T	K	C	Z	T	K	C	C	T	X	M	E	F
Y	E	F	V	A	W	A	V	P	U	I	X	N	H	I	U	K	Q
P	L	C	I	L	Y	G	T	I	Z	U	N	H	J	O	M	M	O
L	B	P	O	K	E	T	H	I	M	J	Q	G	C	F	R	E	Y
N	N	A	U	X	B	K	E	O	O	V	C	M	F	R	J	E	G
B	Y	D	R	H	N	T	W	W	K	N	D	J	I	Z	E	V	S
O	D	X	S	Z	B	G	W	T	K	Q	S	W	J	H	F	M	F

Word list:

- ☐ Parenting
- ☐ Play

- ☐ Chores
- ☐ Consistent
- ☐ Praise
- ☐ Time

- ☐ Behaviour
- ☐ Talk
- ☐ Expectations
- ☐ Solve

Write down one step to positive parenting that you think will be difficult to implement in your own household:

Write down how you want to adapt the step to make it work for you and your child:

STRESS RELIEF CROSSWORD PUZZLE

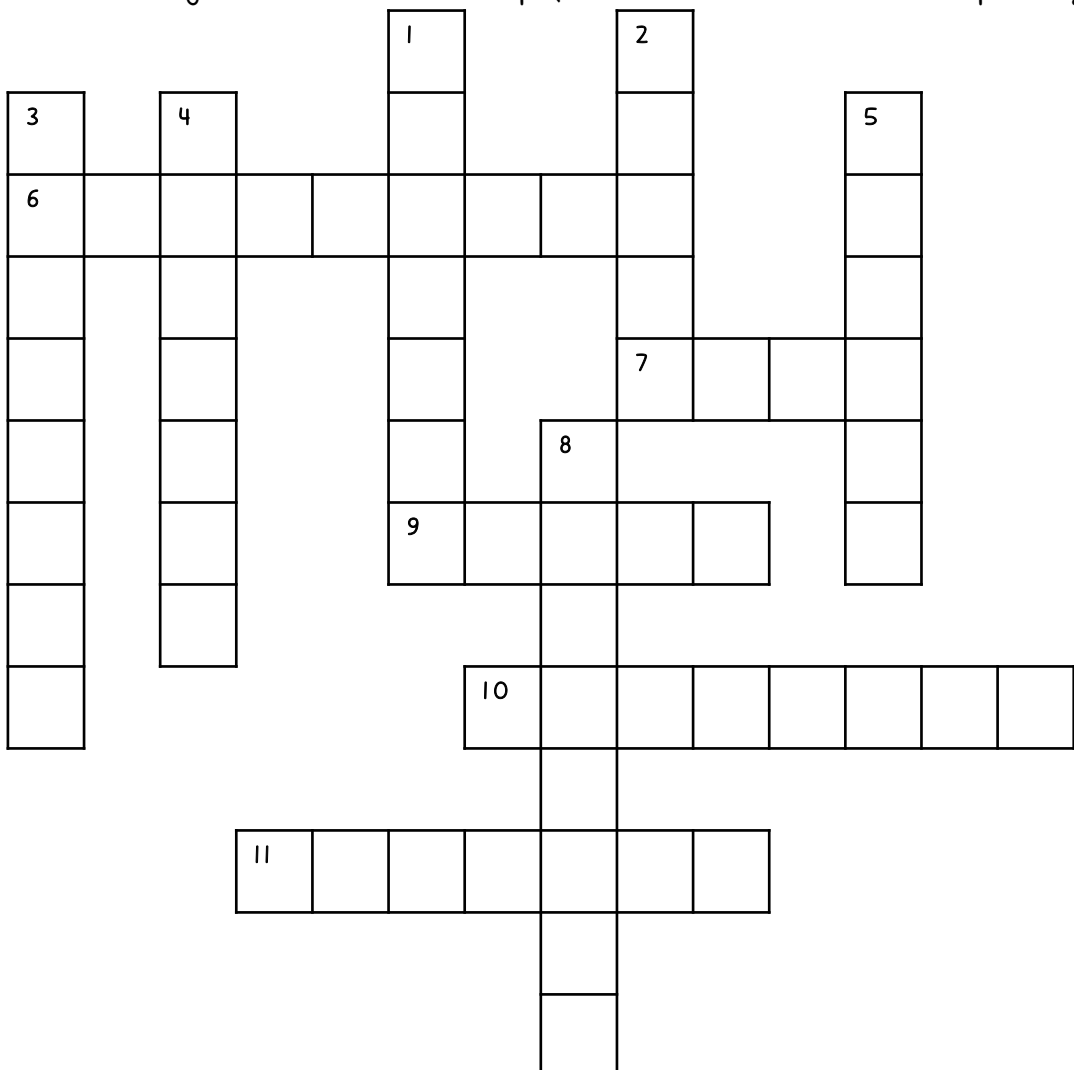
Try solving this crossword puzzle (see answers on page 19).

Down

1. The people you are not related to but like to spend your free time with.
2. You can listen to calm while doing breathing exercises to relax.
3. When you take time to look after your own physical, emotional, social, spiritual, intellectual, occupational and environmental health and well-being, you are taking care of your own
4. In good physical and mental condition.
5. A feeling of emotional and physical tension because you feel like you cannot cope.
8. When you take time to be quiet and to meditate to ease your stress and tension, you are

Across

6. Umbrella term for running, swimming, or any physical activity that is good for your body.
7. To manage your stress through different ways that make you feel better. (Extra clue: Rhymes with hope.)
9. You should get about 8 hrs ofeach day. (Extra clue: You dream when you do this.)
10. They say this is the best medicine. (Extra clue: You also do this when you find something funny.)
11. to someone when you feel stressed can help. (Extra clue: Another word for speaking.)



SUDOKU

Try these Sudoku puzzles (see answers on page 19).

Easy:

8		5	3	6	9			
	4		5			6	1	9
	9	2	7				8	5
2	6	9		3		1	7	
		1	2	4	7			3
	3				1	5	2	8
9		6		5	8		3	
4				2	6	8	5	
1	5					2		6



Medium:

	9		8				5	
8			4	1				
	5	3		7		1		
	7	8					9	
							1	
		2			8	3		6
			1					8
2				9				
3		5			2	7	4	9

REMEMBER,

Parenting is hard work and requires your full attention most of the day. However, you are allowed, and should, make time for yourself. After all, you can only take care of others if you take care of yourself. We hope you found the information useful and empowering. We hope the boredom busters were fun and challenged your brain.

When nothing is sure, anything is possible. What you are currently going through can be a new beginning for you and your family. You can bounce back from any difficulty or challenge when taking responsibility, looking to the future and applying what you have learnt. Stick together as a family, support and respect one another and be grateful for the little miracles you experience.

Please let us know if you have any feedback, comments or queries. Below are our social media platform details to contact us. Do not forget to follow and like us:

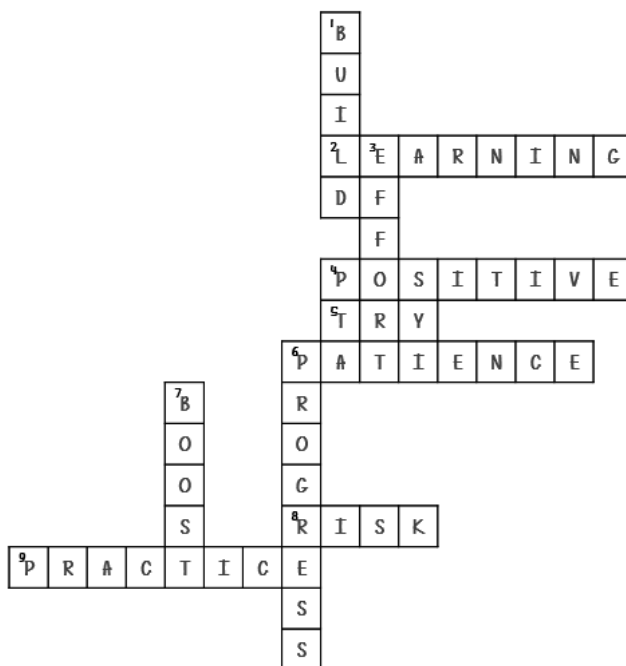
Website:	🌐:	thelearninginitiative.org
Email	✉:	info@thelearninginitiative.org
Facebook	📘:	TheLearningInitiativeNPO
Instagram	📷:	thelearninginitiative

THANK YOU FOR INVESTING IN YOUR
CHILD'S FUTURE BY INVESTING IN
YOUR OWN WELLBEING!



PUZZLE SOLUTIONS

Growth Mind-Set Crossword Puzzle, Page 17



Sudoku, Easy, Page 13

4	1	9	8	3	6	2	5	7
8	5	3	2	4	7	9	1	6
2	7	6	5	9	1	4	8	3
3	6	8	7	2	4	1	9	5
7	2	4	1	5	9	6	3	8
5	9	1	6	8	3	7	4	2
9	4	2	3	7	5	8	6	1
1	8	5	9	6	2	3	7	4
6	3	7	4	1	8	5	2	9

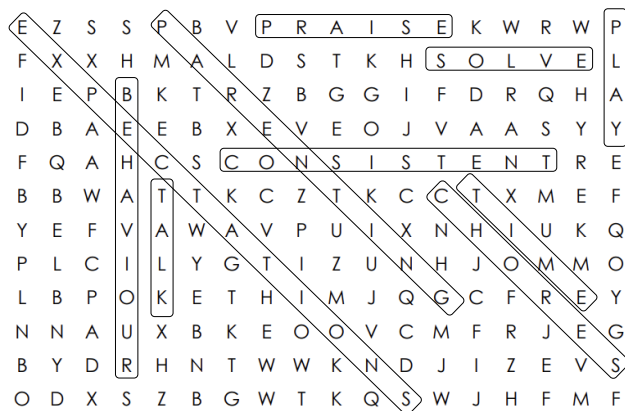
Sudoku, Medium, Page 13

4	7	2	5	9	6	8	1	3
3	5	9	8	2	1	6	4	7
6	8	1	4	7	3	9	2	5
7	3	4	1	5	8	2	6	9
9	2	8	6	3	7	1	5	4
1	6	5	9	4	2	3	7	8
8	9	6	7	1	5	4	3	2
2	1	3	3	8	4	5	9	6
5	4	7	2	6	9	7	8	1

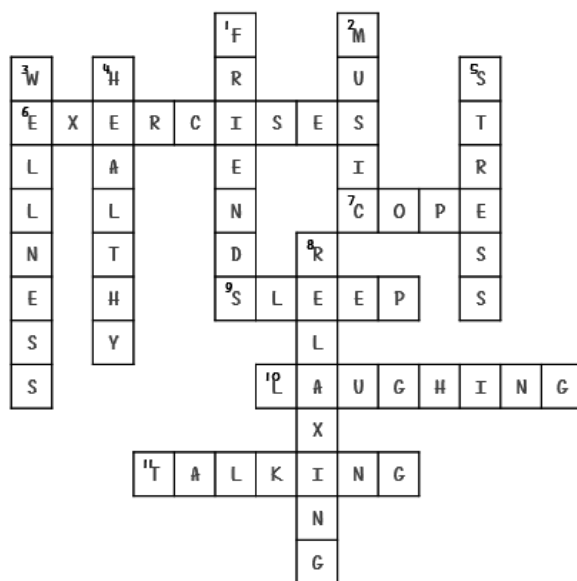


PUZZLE SOLUTIONS

Parenting Word Search, Page 14



Stress Relief Crossword Puzzle, Page 15



Sudoku, Easy, Page 16

8	1	5	3	6	9	7	4	2
3	4	7	5	8	2	6	1	9
6	9	2	7	1	4	3	8	5
2	6	9	8	3	5	1	7	4
5	8	1	2	4	7	9	6	3
7	3	4	6	9	1	5	2	8
9	2	6	1	5	8	4	3	7
4	7	3	9	2	6	8	5	1
1	5	8	4	7	3	2	9	6

Sudoku, Medium, Page 16

4	9	1	8	3	6	2	5	7
8	2	7	4	1	5	9	6	3
6	5	3	2	7	9	1	8	4
5	7	8	3	6	1	4	9	2
9	3	6	7	2	4	8	1	5
1	4	2	9	5	8	3	7	6
7	6	9	1	4	3	5	2	8
2	8	4	5	9	7	6	3	1
3	1	5	6	8	2	7	4	9



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