

Bringing the Lessons Home

Setting New Year's resolutions

A new year brings with it enthusiasm and renewed energy for doing things differently. We often think about setting goals or resolutions for ourselves, however as parents and caregivers, we are busy taking care of others in our families. Try setting some New Year's resolutions as a family. They could be fun, playful, and benefit everyone! Following are some ideas to consider in 2020:

- 1. Unplug and connect with each other:** Set one day a week when your family does not connect to any devices (phones, tablets, gaming systems, etc.). Instead, spend the day enjoying time outdoors (hiking, sledding, etc.), or if you would rather stay indoors, perhaps playing board/card games. Seek out other ideas from your family members.
- 2. Eat well:** Take the time to plan family meals. This could include grocery shopping and having your children help in the kitchen. Putting groceries away, rinsing fruits and vegetables, reading recipes, and setting the table are a few examples of ways they can help and feel included.
- 3. Exercise:** Family activities that get you moving have many benefits. Playing outside in the snow or sand (depending on where you live), an indoor dance party, or simply going for a walk or a bike ride after dinner are healthy and fun for everyone.
- 4. Read more:** A trip to your local library is a great way to get your family started with new books to read in the new year!
- 5. Be kind:** As parents, we model kindness for our children and we could all use a little more kindness and compassion in the new year. Opening doors, giving a compliment, or being helpful in your community by volunteering are sure to brighten someone's day.
- 6. Sleep more:** While school breaks and holidays can be fun, they also can be tiring and throw off schedules. Getting back into a routine of consistent bedtimes and ensuring that your children are getting enough sleep is important to staying healthy!

