

The BIG 3 – Fall Survival Tips

Getting off to a SMART START

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1) Make **ROUTINES** Your Best Friend

- **Rule 1: Take the Bus Rule**
- Homework – location, times, supplies – sets the stage for organization and time management now and into future
- Dinners (meals) – what we eat, how we eat, who is responsible for table setting, clean-up, dishwasher emptying...
- Bedtime – baths/clothing laid out
- Night before: school readiness – backpack, lunch, homework, sports gear, breakfast choice
- Comfort and structure in a chaotic world

NOW is the time to solidify routines that benefit the whole family – the 'GET', they will be more organized, happier and more productive – as will you!

Absence of routine: disorganization, frustration, tantrum, missed bus, lunch, gear... havoc for teachers, kids and families)

2) Establish **BOUNDARIES** and **STICK** with them!

- **Rule 2: The Poptart Rule** - Set the bar high
- Communicate the rules you value – repeat and detailed. Be sure your kids can identify them
- **Rule 3: 24 HOUR Rule** – for all social activities
- Earned rewards - what are the parameters... what must I do to GET THERE?
- VITAMIN N... Firm, Respectful NO
- The more they squirm, the better you are doing

CHOICES and CONSEQUENCES are essential to healthy development – they often have too many of one (choices), not enough of the other (consequence)

Result... don't know how to sit still, take action, problem solve, decide...

3) **FOSTER** Good Behavior, **Don't FORCE** It

- **Rule 4:** 90% Instruction + 10% Correction – **Compliment/Critique 2 for 1**
- Every Act of COMPLIANCE should be followed by VERBAL appreciation/approval – not a prize
- Look for the WOW
- Realize that sometimes DISTRACTION is your best ACTION
- Model is Key: "Don't Complain" (but then we complain)
 - Share where you need help improving, they realize parenting is not perfection
 - Steps to success... You need to clean your room before we go...

Begin with your END GOAL – be sure to have one every season.
It keeps us, and our parenting fresh!

www.newcanaancares.org – for parent and youth program sign-up today!