

The Reboot

**Promote Family
Harmony**



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Reflect on your Family Harmony

How is your family
getting along
with all of this Covid
togetherness?

- Low motivation
- Less focus on enjoyment
- Strain of social distancing
- Stress of virtual learning



RECHARGE

We've had quite a year and it's time to:

Appreciate

Appreciate
the fact
that we are
together as
a family

Explore

Explore what
has been
made
complicated
by social
distancing

Examine

Examine
and work
on strained
or stressful
family
relationships

Act

Find ways
to have
fun and
enjoy family
time

Family Focused Resolutions

1

Improve
Communication

2

Improve
Sibling
Relationships

3

Spend More
Enjoyable
Time with Kids

4

Involve Children
More in
Household
Responsibilities

1

Tips for Improving Family Communication

- Listen to understand, rather than to talk
- Model appropriate ways to discuss angry, hurt and upsetting feelings
- Never shame a child for feeling hurt or upset
- Remember that it is just as important for boys to communicate well as girls

1

Family Communication Moments

- Practice really listening when your child talks
- Have dinner together and take turns picking topic of discussion
- Have phone and media free communication during meals
- Take turns interviewing each other about your day



Improving Sibling Relationships Tips



- Don't focus too much on who started it but rather on how can we fix it
- Avoid forced apologies and making up
- Understand that sometimes children have reason to be mad, its ok
- Help children to understand their siblings perspective
- Don't put all responsibility on the older child
- Be a good role model for resolving conflict

Opportunities for Improving Sibling Relationships



- Look for patterns and time of day when disagreements peak
- Let children try to resolve their conflict
- If you must intervene, let them work at coming up with a solution
- Suggest separate activities during times when there is household stress

Spending More Enjoyable Time With Your Child: Baby It's Cold Outside

Resist the urge to hibernate😊

- Outside is a change of scenery
- Outside is a safer space to be – with social distancing
- We all need physical activity and exercise
- Outdoors is a good source of Vitamin D
- Outdoors when dressed properly can be so much family fun:
 - Snowmen
 - Snow forts and igloos
 - Sledding



Responsibility for Household:

All Hands on Deck

Talk

Talk about why everyone's effort is important

Offer

Offer to help or break task down if child is struggling

Rotate

Rotate tasks

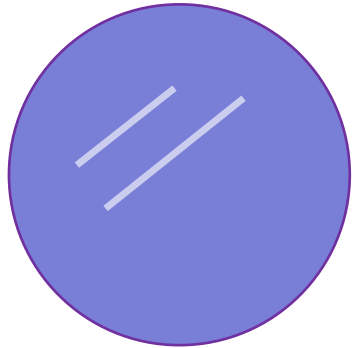
Set up

Set up reminders in kid's phones and tablets

GIVE

GIVE INCENTIVES: Praise, Extra time doing a fun activity

Promote Family Harmony



REFLECT



RECHARGE



RESOLVE

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