

# JOBS FOR KIDS

From Conscious Discipline

at home

Park Futures Edu

## GREET THE DAY

**create a morning routine that includes moments of music (play an instrument or listen to a song) and play (short games) for a great start to the day. Have a yoga stretching moment (try a different one each week) before breakfast!**

## WAYS TO BE HELPFUL

**create a visual chart of ways your child can be helpful around the house. This can include putting laundry in hamper, picking up toys, watering plants, pet care, books in place, dishes from table, trash out etc.**

## WELCOME HOME

**create a way to welcome home your child that works for you and your child - snack and conversation, time to play, a walk and talk - try different things!**

## SIGNATURE MOMENTS

**create your own way to say goodbye - a phrase, a special handshake, a particular way that works for your child as an individual. It takes but a moment!**

## SICK FRIEND

### WORRIES

**when a friend is sick, moves away or is absent, your child might worry. Encourage sitting with the feeling and then deciding what to do next. This practice acknowledges the feeling but does not allow the feeling to dictate actions.**

## CONNECTION TIME

**after dinner, instead of tv time, set up a space to be together. Bring a boardgame, book, some drinks and pillows and spend time talking and telling stories. Create a sense of connection.**