

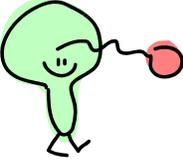


## Morning Routine for \_\_\_\_\_

A colorful alarm clock with a smiling face and two small figures on top.	Wake up!	
A simple line drawing of a clothes hanger with a smiling face and legs.	Get dressed	
A yellow emoji with a smiling face, holding a red apple.	Eat breakfast	
A yellow emoji with a smiling face, brushing its teeth with a blue toothbrush.	Brush teeth	
A white sink with a blue faucet and water running.	Wash face	
A simple line drawing of a person with a comb in their hair.	Comb hair	
A green and blue backpack.	Pack bag	



## Bedtime Routine for \_\_\_\_\_

	Pick up toys.	
	Take a bath or shower.	
	Put on pajamas.	
	Brush teeth	
	Use the potty.	
	Read a book.	
	Turn lights off.	





\_\_\_\_\_ 's

## Chores



<b>Sunday</b>	
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	

### On-going daily chores:

- 
- 
- 





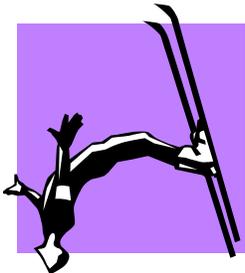
# Positive Thinking Tools

## Practice Positive Thinking

Practice positive thinking each day for two minutes. Choose two phrases from below or make up your own. Breathe in silently saying one phrase; breathe out saying a different one.

- I am good.**
- I am kind.**
- I am enough.**
- I am smart.**
- I am important.**
- I am worthy.**
- I learn from my challenges.**
- I am gentle with myself.**
- I am creative.**
- I am loved.**

## Flip Your Negative Thoughts



When you notice negative thoughts, flip them around with these steps:

1. Take a deep breath.
2. Think to yourself “Stop. Relax.”
3. Say something positive like “I can handle this.” or “I am strong.”

## Grow Your Gratitude

Feeling grateful is at the root of joy and positive thinking. Each night before you go to sleep, think of three things you are grateful for. Challenge yourself to make one of these things something new that happened today.

What are you grateful for today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# What word best describes your feeling?

## Happiness

Joy      Delighted  
Love     Gratitude  
Excited   Thrilled  
Happy    Surprised

## Sadness

Grief      Guilty  
Hopeless   Regret  
Depressed   Discouraged  
Sad        Disappointed

## Anger

Upset    Angry  
Jealous   Disgusted  
Irritated   Frustrated  
Furious   Exasperated

## Loneliness

Abandoned   Rejected  
Neglected   Excluded  
Isolated      Lonely  
Awkward      Empty

## Fear

Panicky      Afraid  
Vulnerable   Worried  
Overwhelmed   Anxious  
Horrified     Terrified

## Hurt

Devastated   Embarrassed  
Humiliated   Mistreated  
Criticized    Wounded  
Judged        Shamed



# How are you feeling?



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed





## What I Appreciate About You,

---

1

2

3

4

5

6

7

8

9

10






## What I Appreciate About You,

---

11

12

13

14

15

16

17

18

19

20





## What I Appreciate About You,

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21

22

23

24

25

26

27

28

29

30





## Play Date Safety Questions To Ask Hosting Parent

1. What will the kids be doing? What movies will they be watching? What games will they be playing? Will they be doing things on computers/devices?
2. Who will be home?
3. If they are going somewhere in a car, who will be driving?
4. Do you have any guns in the house? If so, how are they secured?
5. When would you like me to pick my child up? Do you want me to stop by to cover watching the kids at any point?

## Questions To Ask Your Kids On The Way Home

1. What did you enjoy the most?
2. Did anything happen that made you uncomfortable?
3. Did anyone make you do something that you didn't want to do?
4. Would you like to go over again sometime?





## Family Meeting Notes For This Date:

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### Agenda

- Who has each role? Agenda Keeper, Note Taker, Time Tracker, Fun Activity
- Compliments. What's going well?
- Update on last meetings' action items
- Topic 1:
- Topic 2:
- Topic 3:
- Fun activity

### Meeting Notes

### Action Items



# Our Family Schedule



DATE							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							



# Who You Will Be With Each Day



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week: _____ to _____	Who?  Other Events:						
Week: _____ to _____	Who?  Other Events:						



<b>Monday</b>
<b>Tuesday</b>
<b>Wednesday</b>
<b>Thursday</b>
<b>Friday</b>
<b>Saturday</b>
<b>Sunday</b>

**Shopping List**

# Our Moral Values

## Our Family's Top Five Moral Values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Identifying Your Most Important Moral Values

What virtues does your family most value? Your values guide your decisions. Your decisions determine the quality of your life. Some values to consider include:

**Acceptance:** an objective attitude toward other's ideas and practices that differ from your own

**Compassion:** understanding the suffering of others or self and doing something about it

**Cooperation:** helping your family and friends, returning favors

**Courage:** willingness to do difficult things

**Equality:** believing everyone deserves equal rights and to be treated with respect

**Fairness:** acting in a just way, sharing appropriately

**Generosity:** willingness to give resources, help or time to others

**Gratitude:** showing appreciation to others

**Honesty:** being truthful and sincere

**Integrity:** sticking to your moral and ethical principles and values

**Kindness:** being considerate and treating others well

**Perseverance:** persisting in a course of action, belief or purpose

**Politeness:** using good manners, acting in socially acceptable ways

**Respect:** showing consideration for the worth of someone or something

**Responsibility:** being reliable in your obligations

**Self-control:** staying in control of your words and behavior

**Trustworthy:** reliably doing what is right even when it is difficult, being true to your word



# Parenting Vows

We, \_\_\_\_\_,  
welcome you, \_\_\_\_\_,  
as our beloved child.

We promise to

love you unconditionally,  
feed you nutritiously,  
protect you from harm,  
treat you with respect,  
guide you in learning from mistakes,  
laugh with you,  
play with you,  
comfort you in times of sadness,  
encourage you to develop your talents,  
support you in striving to achieve your goals,  
be open and honest with you,  
and be there for you for the rest of our lives.



Priceless<sup>®</sup>  
Parenting



# Information for the Babysitter

Date: \_\_\_\_\_ Time of job: \_\_\_\_\_ Sitter fee per hour: \_\_\_\_\_

Names and ages of children: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

The Parent(s) will be at: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

## Meal Plan: Time to Eat, what to eat, where to find it

## Bed Time Plan: Routine activities, lights out time

## Emergency Contact

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Other Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Who Controls What?



## Kids

## Parents



What they do with their digital devices

What devices they have, when, where and how they use them



What they eat

The food that is available to eat



How much effort they put into school

What school they attend – public, private, home school



Tone and volume of their voice

The tone and volume of your voice



Their behavior

How you respond to their behavior



When they fall asleep

When it's time for them to be in their bedrooms

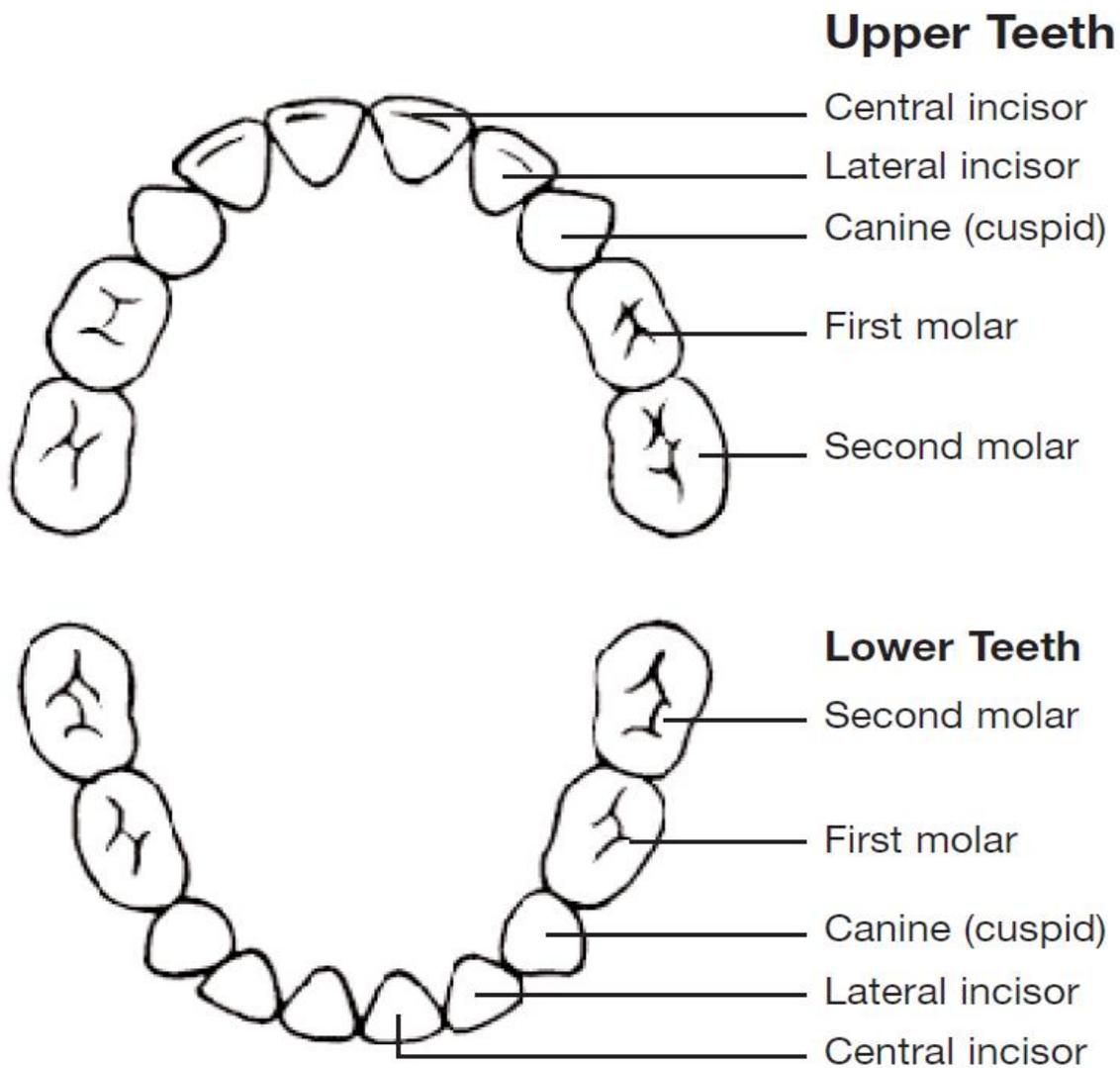
***Avoid power struggles - focus on what you control instead of what they control!***





Teeth Chart for \_\_\_\_\_

When you lose a tooth, color it and write the date it came out.



# Healthy Use Of Screens For Families

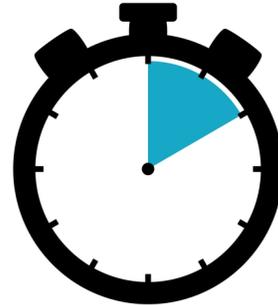
## Limit Entertainment Screen Time

2 hours/day = 60 hours/month

It's 1 ½ weeks of a 40-hour/week job every month!

American Academy of Pediatrics recommends:

- Avoiding screens except for video chatting for babies under 18 months
- Co-viewing digital media for 18-24 months
- Limiting screen time to one hour for ages 2-5
- Setting reasonable screen time limits for ages 6-18



## Set Expectations

No bullying

No nude photos

No porn



## Create Screen Free Zones

Bathrooms

Bedrooms



## Keep Private Things Private

Passwords

Address

Phone Number

Current location



## Set Screen Free Times

Eating meals

During conversations

An hour before bed



## Sleep Tech Free

Turn all devices in to parents' room before bed

## Understand ...

- Capabilities of your kids' devices
- How to set parental controls



# Warning Signs of Too Much Screen Time for Kids

Kids love screens. Why does the American Academy of Pediatrics recommend limiting screen time for children and teens? Excessive screen time interferes with social, emotional, and physical development. Most kids significantly exceed these recommendations. If your child exhibits some of the signs below, it's time to put some stricter limits on screen time.

## Social and Emotional

- Prefers spending time on screens to doing things with family or friends
- Experiences difficulty making and keeping friends
- Has angry outbursts when it's time for the screen to go off
- Acts irritable or discontent when not using digital items
- Lacks concern or empathy for others



## Communication

- Has difficulty initiating or participating in conversations
- Regularly misinterprets non-verbal social cues
- Texts instead of talking in situations where face-to-face communication would be better



## Cognitive

- Has difficulty focusing on the present moment when not using a screen
- Declining grades in school, missing school, dreading school
- Talking and thinking obsessively about the digital activity



## Physical Development

- Withdrawing from sports and outside play
- Losing sleep due to gaming, texting
- Gaining weight to the point of being overweight or obese
- Developing health issues such as Carpel Tunnel Syndrome, eye problems, backaches



When you realize your children's media usage is having a negative impact on them, you need to set some limits. Discuss with your kids what limits are reasonable and how your family plans to enforce those limits. Not sure how to set limits without arguing or getting into a power struggle?

**Learn how to set healthy limits in [Priceless Parenting's online parenting classes!](https://www.PricelessParenting.com/)**

# Screen Time Hurts Babies

Why does the American Academy of Pediatrics recommend no screen time except for video chatting for kids under 18 months? It is because spending time on screens contributes to developmental problems.



## Babies need to move!

Their bodies become stronger and their physical skills develop when they are free to move.

*Sitting in front of a computer or TV can lead to delays in children's gross and fine motor skills.*

## More Screen Time =

*Fewer social skills +*

*Less physical development +*

*Decreased emotional regulation*



## Babies need back and forth interactions with loving caregivers.

These interactions are the building blocks for all future social communication.

*Kids who spend their early years with too much TV or computers seriously struggle with these basic interpersonal skills.*



## Babies benefit when they are held while being fed.

Gazing at the person feeding them helps them learn important facial features and expressions which are key to communication.

*When the baby is propped in front of a TV or the caregiver is watching TV while feeding the baby, the baby misses out on critical face time.*



## Babies need a loving person to help them when they are upset.

When children's cries are repeatedly left unanswered, they fail to learn how to regulate their emotions in a healthy way.

*TVs and computers drone on regardless of the child's emotional state.*



## Babies learn through imitation.

They are specifically wired to learn from other people.

*While the quickly changing pictures and sounds of TV or computers will keep their attention, they don't provide the right conditions for babies to learn by imitating.*



## Babies love screens!

Babies are quiet and content while interacting with computers or watching TV. This is why it is so easy to leave young children in front of screens. What's wrong with that if the kids are happy?

*When babies spend time on digital devices, they aren't developing their social brain connections, physical abilities and emotional regulation.*

***Help your baby grow up healthy by avoiding screen time!***





Screen Time for \_\_\_\_\_

Week: __/__/__	TV, Movies	Video Games	Computers	Cellphone	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Total:</b>					

Week: __/__/__	TV, Movies	Video Games	Computers	Cellphone	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Total:</b>					





## Our Family Internet Rules

We agree to the following rules in order to have the privilege of being online:

- No drug talk, nudity, drinking pictures, bullying, posting your location
- No sharing passwords (not even with best friends!)
- No participating in sites that allow anonymous posting or comments
- Use privacy settings to only allow friends to access your online content like videos, posts and pictures.
- Turn off location identifier on any pictures that are posted.
- Ask permission before downloading, installing or buying anything.
- Add something online only if you are comfortable with your parents, teachers and coaches seeing it.
- Before posting something online run it through the THINK test:
  - T - Is it true?
  - H - Is it helpful?
  - I - Is it inspiring?
  - N - Is it necessary?
  - K - Is it kind?
- Report any creepy or mean behavior by others to parents.
- All digital devices are turned into parent's room by \_\_\_:\_\_\_ each night.
- Limit screen time to \_\_\_ hours per day.





# My Boredom Busting Activities

