

30-day parenting challenge

WHILE SOCIAL DISTANCING

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| <input type="checkbox"/> 1 Create a family values guide—focus on three values you want every family member to uphold. | <input type="checkbox"/> 2 Hold a family game night. | <input type="checkbox"/> 3 Ask your child what they want to do first when things return to normal. | <input type="checkbox"/> 4 Send a letter to a loved one. | <input type="checkbox"/> 5 Create an emergency plan and do a practice run. | <input type="checkbox"/> 6 Create a backyard obstacle course. | <input type="checkbox"/> 7 Let your child pick a new chore and praise them for a job well done. |
| <input type="checkbox"/> 8 Tell your kids a story of when you were little. | <input type="checkbox"/> 9 Create a time capsule to remember these strange times. | <input type="checkbox"/> 10 Do a mindfulness practice with your child; even just 30 seconds of deep breathing works! | <input type="checkbox"/> 11 Ask your child to teach you something. | <input type="checkbox"/> 12 Make breakfast with your kids. | <input type="checkbox"/> 13 Take a virtual tour of a museum. | <input type="checkbox"/> 14 Do an art project with your kids and put it on display. |
| <input type="checkbox"/> 15 Look through old family photos. | <input type="checkbox"/> 16 Let your kids pick out your outfit for the day. | <input type="checkbox"/> 17 Tackle a project and have your kids help. | <input type="checkbox"/> 18 Create and complete a quiz on how well you and your child know each other. | <input type="checkbox"/> 19 Do something you and your kids have never done. | <input type="checkbox"/> 20 Have a conversation with your child about what they may be nervous or stressed about and strategies to de-stress. | <input type="checkbox"/> 21 Work together with your kids to do something nice for someone. |
| <input type="checkbox"/> 22 Bake something together. Have your child help with picking out the recipe. | <input type="checkbox"/> 23 Teach your child something new. | <input type="checkbox"/> 24 Let your child pick what's for supper. They could look through a cookbook or recipes on Pinterest. | <input type="checkbox"/> 25 Coordinate a virtual playdate. | <input type="checkbox"/> 26 Talk to your child about how to handle peer pressure. | <input type="checkbox"/> 27 Do a gardening project; pot a plant or plant a tree. | <input type="checkbox"/> 28 When you feel like yelling, give a hug instead. |
| <input type="checkbox"/> 29 Find a new walking path, trail, or outdoor recreation area and go exploring. | <input type="checkbox"/> 30 Have an ice cream sundae party. | For ideas on how to continue the conversation, visit parentslead.org | | | | |

PARENTS LEAD.ORG