

Plan your stay.



Look over the things you have learned from the Points of Interest. Pick something to work on this week with one of your children. Maybe you want to tell stories of a favorite ancestor, serve a neighbor, visit your child's teacher or just have fun together.

Map out the details of your plan. What exactly do you plan to do? When will be the best time? Do you need to do anything to prepare your child to take part in your new plan? Do you need to do anything to prepare yourself? For example, do you need to ask other families about their traditions so you have more ideas?

Decide some small thing you can do this week and write out your plan:

What you plan to do:

Handwriting lines for planning what to do.

The best time to do this:

Handwriting lines for planning the best time.

Ideas to prepare my child:

Handwriting lines for ideas to prepare the child.

How I can prepare myself:

Handwriting lines for how to prepare oneself.

People who can help me:

Handwriting lines for people who can help.

Learn more about Wellness.

Reunion Springs is an important part of the parenting journey. We hope you will gain strength from your experiences there. You may want more ideas to make the most of Reunion Springs. If so, you might:

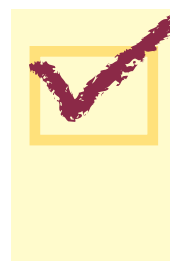
-Gather ideas about advocating for children in your community, celebrating as families, enjoying family history, building assets in youth, getting involved in your children's education and connecting them to the world of work at www.arfamilies.org.

-Look for a class in your area on service, family history or teaching values to children.

-Read a book about understanding children such as Haim Ginott's *Between Parent and Child* or William Doherty's *Take Back Your Kids*.

-Get ideas from another person who has effectively taught values or been an example in some other way.

-Get more ideas by going to the national extension family website, www.cyfernet.org and searching on love, fun, values, family history, routines or traditions.



Have you made progress?

Do you want to be more effective at parenting your children?

Do you have new ideas about how to parent your children effectively?

Did you read about one area in Reunion Springs that you can focus on? How will you do it?

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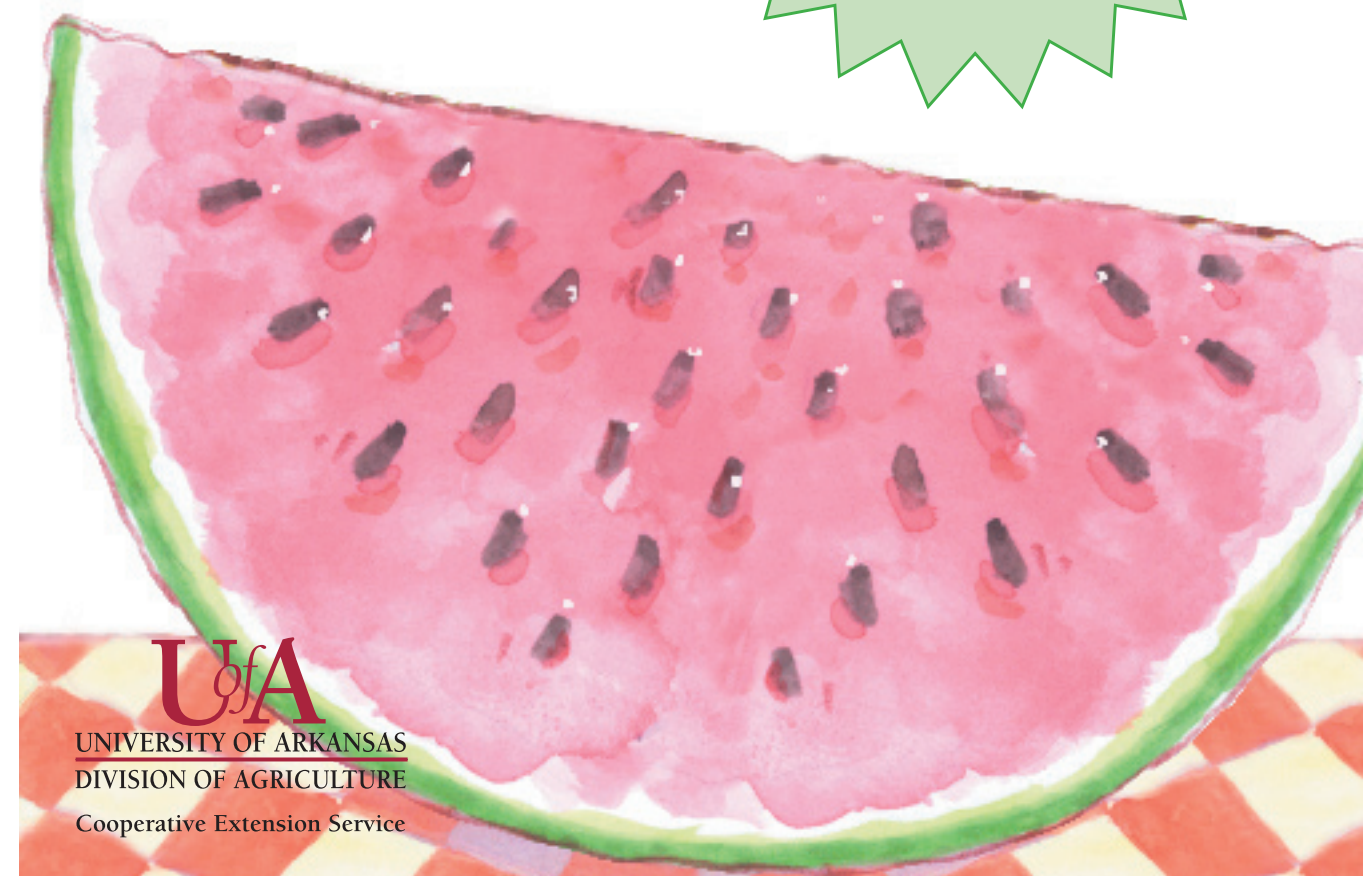
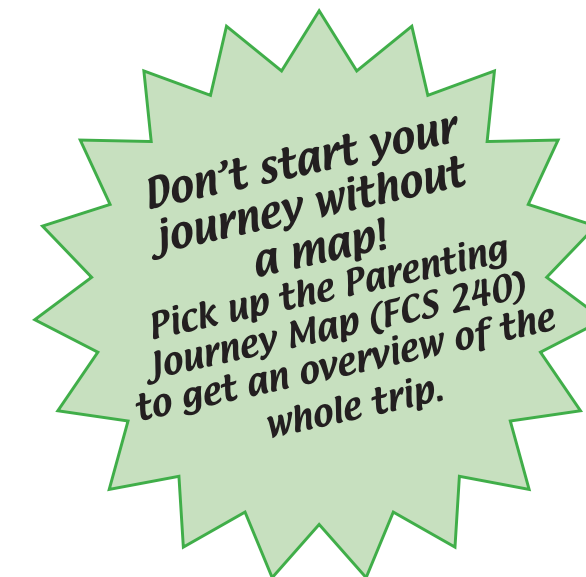
Settle in at Reunion Springs

Inside:

Feel healthy and strong

Have energy to invest in your family life

Bring the best of yourself to your parenting





You can build a sense of safety and connection that will guide your family's journey when you...

Settle in at Reunion Springs

Settling in at Reunion Springs takes a little planning and effort. It doesn't happen by accident, but the rewards are worth the effort!

In the boxes below, you can use stickers or create your own mark to celebrate those things you are already doing well. You might also mark those things that you hope to improve in your relationships with your children. Use these marks to help remind you to celebrate what you're doing well and to add more good things to your parenting journey.

Points of interest

1. Show your values

Parents show their values in many ways – the way they act, the way they talk and the way they choose to invest their time.

Families are improved and strengthened by celebrating good people. We can tell stories to our children about people who are kind, generous, trustworthy and honest. Some families make this a regular tradition by taking time every day before breakfast or before bed to read or tell a story of good people. We can also introduce our children to noteworthy people. Invite good people (including relatives) into your home to tell your family about their experiences and their dreams.



✓ Checkpoint

I build traditions in our family to help our children learn about noble and good people.

We as a family can take on projects to serve others. There are great opportunities in times of crisis to offer comfort or service. Even in the ordinary flow of life, there are opportunities to help those in need. We can visit those who are lonely and help those with disabilities. Children learn valuable lessons in compassion when they serve people in need.

✓ Checkpoint

Service is a regular part of our family traditions.

In addition to connecting our children with their communities, we can also connect them with their own heritage. We can gather up stories, pictures and histories of their ancestors. We can put pictures on the wall and stories in their minds that will help them to feel proud of their family traditions. We can build traditions that tie us to the experiences of our ancestors. We can arrange gatherings with extended family. All of this helps weave a network of love and hope for our children.

✓ Checkpoint

We celebrate our family history through stories, pictures and traditions.

2. Make your community child-friendly

Many communities don't make an effort to help children feel welcome. We can help children develop into good citizens not only by making the community more child-friendly, but also by letting them contribute.



For example, we can work with officials to get playgrounds built. Then, we can work with our children to keep the playgrounds clean.

✓ Checkpoint

I work with neighbors, churches and businesses to make our community more welcoming for children.

One of the most important areas for children to have good experiences is at school. They spend a lot of hours there and have experiences that can make them more sensible, happy and productive or more contrary, bitter and destructive.



There are many things we can do to make our children's school experience better. We can get to know our children's teachers, and we can work with them to strengthen the schools. We may be tempted to think of teachers as our enemies, but it's important to remember we're all working for a common cause: helping children. We can also volunteer our time to help at school.

✓ Checkpoint

I work with the schools to help my child learn and grow.

3. Enjoy time together

Parenting is hard work. However, it is also the most satisfying way of doing something meaningful with our lives. Most of the work we do will disappear. The legacy of love and goodness that we give our children will live for generations.

We can think of parenting as work that interrupts our lives, makes us tired and uses

up all our money. Or, we can think of parenting as the most important investment we will ever make.

When we think of parenting as an investment, we bring our best thinking, warmest affection and most faithful service to the journey. We take time to learn about children and how to help them.

We learn to listen to them. We spend time both learning and having fun together. We patiently teach them about good character. We invest hours building traditions and memories.

✓ Checkpoint

Our family regularly enjoys time together.



Things to do in Reunion Springs

Build traditions that teach your children what you value most.

Strengthen the family and neighborhood through service.

Work with schools and other organizations to build support for children.

Make our communities safer for our children by helping neighbors, churches, businesses and schools be more mindful of and grateful for children.

Connect our children to extended family through gatherings and to ancestors through stories.

Cherish the gift of life.