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| Fill Your mom’s bucket today. What did you say? | Do something nice for a brother or sister today. How did it make you feel? | Encourage your children to work through sibling disputes. Don’t always be the mediator. Praise them when they do. | They key to your family culture is how you treat the child that tests you the most. Who is that child? How do you treat them?  | “What is important to another person must be as important to you as the other person is to you.” \*Stephen Covey Give an example. |
| Think of an on-going problem you have with your child. Discuss a win-win solution and remind each other when the problem arises. | Come up with a plan today to make everyone in your family happy. What will you do for each family member? | Win-Lose: Parents. You’re bigger and stronger so you win in the short run but are you emptying your child’s emotional bank account. How are they learning to make choices? | Are you focusing on WHAT is right and not WHO is right? | “Strong people don’t put others down . . . they lift them up.” \*Michael Watson List how you lift your family members. |
| Practice saying . . . “You see it differently. Good! Help me understand!” | Fill your brother or sister’s bucket today. What did you say? | FREE! | Parents: Praise your child for one thing each day. | Lose-Win: Parents, you may be popular in the short run because you take the course of least resistance. How will you find a vision or earn respect? |
| Fill your dad’s bucket today. What did you do? | Help your family solve a problem. What did you do to help? | Play a game with your child that has a definite winner. Explain how competition is ok when you play a game, but it is not okay in relationships. | Cooperate with one of your siblings instead of fighting. What did you do? | Parents: Set clear expectations about chores, bedtimes and watching TV. This will make win-win situations easier to attain. |
| Write in your dialogue journal. | “A compromise is the art of dividing a cake in such a way that everyone believes he has the biggest piece.” \*Ludwig Erhard | “You don’t have to blow out the other person’s light to let your own shine” \*Bernard M. Baruch | As a family, model saying you are sorry when you yell, overact or accidentally blame someone for something they didn’t do. | Try this . . . “If we are to live and together, we have to talk to each other.”\*Eleanor Roosevelt |

**FAMILIES, COMPLETE 2 BINGOS BY FEBRUARY 29th TO RECEIVE YOUR BRAG TAG.**

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**“HABIT HOMEWORK BINGO NCES 2023-2024.”**