

What It Looks Like To Show Up As A Parent

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What Does It Look Like to Show Up As A Parent!

Recently, I published a blog entitled "Showing Up" and one of my readers asked how they can be present to their children when they already have so much on

their plate. I realize that parents are juggling a great deal--jobs, getting kids to school on time, packing lunches, extra-curricular activities, laundry, making meals, dealing with homework, sick kids, and so much more. But I would like to offer a few suggestions that may help. **Pick ONE that resonates with you and try it for a few weeks.**

- **It has been stated that there are nine most important minutes in a child's day:** the first three minutes--right after they wake up, the three minutes after they come home from school, and the last three minutes of the day--before they go to bed. What might you do to connect with your child during one or all these moments? For ideas: www.coachmyrna.org/blog/the-9-most-important-minutes-of-your-childs-day
- **Practice being a better listener.** When listening to your child (or spouse), try to give them your complete attention. Put your phone down, get down to their level if they are a small child or sit down beside them, and really try to give them your complete attention. If it isn't a good time right in the moment, say something like, "Give me 5 minutes and I will be with you." We don't learn listening skills growing up--it isn't taught in school. And we aren't particularly good at it. It takes practice and patience. For more on this: www.coachmyrna.org/blog/listening-an-act-of-love
- **Begin having regular Family Meetings.** For many families, the first hurdle is simply making time. In our busy lives, we can feel that family time is just one more thing to juggle. But shouldn't this be a worthy challenge for each of us to strive towards? **If we want to make our family a priority, finding one hour a week is essential.** If once a week is too much, start with once

a month. Decide together to have Pizza Night or Chinese Take-Out on Friday (or whatever day of the week works.) Maybe it is Saturday breakfast. Play a board game together or plan for an upcoming trip/vacation. Here are more ideas on how to make this happen:

- www.coachmyrna.org/blog/the-power-of-weekly-family-time
- www.coachmyrna.org/blog/making-family-a-priority
- **Want to improve your family's communication?** Start a new tradition in your home. Over a family meal or at a family meeting, say that you would really like to create more appreciation and kindness in the family. Print out the list of conversation starters at the link below and cut them into strips. Select the ones that best fit the age of your children, fold them in half, and put them in a jar or container. Pull one out at dinner and have everyone answer it. tinyurl.com/conversation-starters

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations

www.coachmyrna.org/create-connection.html