



# Monthly Parenting Tip from the ACFC

August 2020



## Parenting During A Crisis

A crisis is a big problem, and problem solving is what we humans do best. When we solve problems together—cooperatively—we can get very creative. That creativity often results in innovations that not only help us get through the crisis but also continue to benefit us long after it has been resolved. Now might be a good time to take inventory of how you and your children are using all this extra time at home together to work on belonging, learning and contributing as a family. Here are a few suggestions to get you started:

### FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an “active” parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](http://ACFCcares.com) for more information and to start your Active Parenting journey today.

1. **Exercise together.** Whether it's walks in the neighborhood or doing stretches together in the family room, there are lots of ways to develop good exercise habits and teach them to each other. If you need help with ideas, just browse the Internet together for activities and video examples. Get the potatoes off the couch.
2. **Learn together.** Pick a topic that you are all interested in and research it online, together with younger kids or separately with older ones. Then share your results together with the family. Keep it fun and encouraging. And no grades, please.
3. **Have weekly chore parties.** This is a great time to teach the value of contributing your work for the betterment of the family—otherwise known as “chores.” But add some music and an atmosphere of fun and camaraderie, and you'll find that they can be not only satisfying but enjoyable. Be generous with your encouragement and laughter.
4. **Read together.** Remember reading? It's what they did before TV. Well, good news: It's been rediscovered and kids love it! This is really a great time to curl up with a child and a good book. Make it even better by asking questions and talking about what you've read to help keep their brains in shape. (See Chapter 4 in *Active Parenting: First Five Years*, and Chapter 6 in *Active Parenting 4<sup>th</sup> Edition* for more ideas on reading aloud with kids).
5. **Play games together.** I hear stock in jigsaw puzzles is up. My wife and I have an ongoing game of “1,000 places to see before you die.” We expect to survive this crisis, and when we do we'll have our travel work cut out for us.
6. **Create a family art project.** Art, music, video production, sketch comedy, mural, collage, family crest, slide show, mosaic, or any of a million other creative projects can be a great way to bond and enjoy each others' company while creating something you can look back on for years as something good that came out of these trying times. (Be sure to make a photo or video of the project, or even a documentary.)
7. **Have family meetings.** We've been teaching the value of family meetings through all of our programs for over 35 years. Families that have them on a regular basis love them. Others say they don't have time. Well, now you do. Teaching our children the importance of participating in decisions that affect their lives is essential for a thriving democracy. Plus, it cuts down on power struggles and outright rebellions. So, it's time to call the meeting to order.

P.S. Stay safe and teach your children how to stay safe, too!

To learn more about how you can become an “active” parent, go to [vimeopro.com/activeparenting/acfc](http://vimeopro.com/activeparenting/acfc) and enter Access Code: ACFC150630 (case-sensitive) when prompted. You'll find a library of informative videos for parents of children of all ages.