



# Monthly Parenting Tip from the ACFC

January 2021



## 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.

## Growing From the Past

Throughout history the family has been the nucleus of our daily lives and activities. In past times, several generations of the family resided in the same household or same community. Grandparents and aunts and uncles were a part of children's upbringing and helped form their view of themselves and the world. Traditions and values were learned and passed on. In today's hectic society, however, interaction between children and their grandparents and older relatives has greatly diminished. Children no longer hear the tales of how their grandparents “walked three miles through three feet of snow to get to school.” It's difficult for them to understand these senior citizens' attitudes towards savings and doing without. Today's children are growing up in a different time, but it's important for them to understand the past. Knowing where their roots began can give them a high sense of worth, a better understanding of the world around them and an appreciation for things they take for granted today.

There is a lot of talk today about character. What is character and what factors influence a person's character? Character is the sum total of beliefs, attitudes and values as well as the integrity to do the right thing—even when you can get away with doing the wrong thing. Since the opportunity for high-risk behavior is so prevalent these days, it often comes down to a matter of attitude and values on the part of youth. “Core” values are those values that are fundamental to our personalities and highly resistant to change. They are often formed during childhood through many experiences and frequent reinforcement. Reinforcement from grandparents and other relatives is an important part of these “core” values. What are some of the positive core values that can help our children develop the character to make wise decisions later?

- Courage
- Cooperation
- Hard Work
- Humor
- Perseverance
- Love
- Respect
- Responsibility
- Wisdom
- Honesty
- Compassion

In the Active Parenting classes, we have an activity where we ask parents to write a letter of encouragement to their children. This same activity is a great way for grandparents and other relatives to share their own experiences; the choices they made, and the paths they took that created the family as it is today. Many of them came here from other countries, or experienced times of war and depression. Setting time aside for children to sit and listen to these stories can be a great way to reinforce positive values, build a sense of continuity and strengthen relationships. Another option that will appeal to today's high-tech kids is for them to help family members record their stories. There are journals available for recording one's life and history that can also become a shared project. Make this a family project that everyone can experience and create a legacy that can be passed down for generations to come.

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.