



Advisory Council on Family Care

Monthly Parenting Tip from the ACFC

June 2021



FREE ONLINE COURSES THAT IMPROVE YOUR FAMILY LIFE

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. As a 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.

Four available classes:

- **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
- **Crossroads of Parenting & Divorce**—for divorced and divorcing parents
- **Active Parenting of Teens**—for parents of preteens and teens

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](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Say “Yes!”—within limits

Feel like all you say to your kids is “No”? If Netflix’s new movie “Yes Day” is any indication of the state of parenting in the U.S., you are not alone. This family-friendly film provides inspiration for ways parents can say “YES!” to your kids—within limits. In the movie, Allison and Carlos (played by Jennifer Garner and Edgar Ramirez) were an adventurous couple who said “yes” to everything... until they had children and adopted a new outlook on life: “Saying ‘NO’ 50 times an hour—it’s called PARENTING!” Allison finds creative ways to say no like “Nope on a rope.” And backs it up with the old standbys “because I said so” and “I’m a MOTHER. I don’t need to have a reason!” Garner’s character does have a point; saying “no” is a big part of parenting because we must set limits to keep our children safe and help them make good choices. This movie aims to inspire us to find ways to say “Yes!” to our kids more often by setting ground rules using freedom within limits. I know it’s easier to say NO and stay focused on your to-do list, but take a breath and get creative. With some patience, you may be able to find a way to achieve your kids’ goals without causing any damage. When you take the time to consider your child’s ideas, you show that you hear them, you are listening. It’s important for everyone to feel heard. Who knows—it could bring your family closer. And will be more cherished than any item you might buy them. In the film, a school counselor explains how it works: “For 24 hours, you say YES TO EVERYTHING that your kids want.” After the laughter and dubious remarks subside, he continues, “Well, you set some ground rules.”

The Ground Rules: Freedom within Limits

Ground rules are an essential foundation for Yes Day. They work like Freedom Within Limits, which we talk about a lot in Active Parenting programs. The limits change as your child gets older and shows the ability to handle more freedom and responsibility.

- “YES DAY” has to be earned. For example, kids must do their chores and finish their homework every day for the three weeks before Yes Day.
- You CANNOT be asked to do anything dangerous or illegal. I recommend a conversation about what “dangerous” means. In the movie, the family eats about 20 pounds of ice cream, which I would argue can be very dangerous to your digestive system.
- You cannot damage property. This was not in the movie, but I recommend adding this rule. There is cringe-worthy damage to the car and home that makes for a fun movie plot but is **not** fun in real life.
- Each child has a budget.
- Cannot be more than 20 miles (or whatever you think is reasonable) from home.

Another important takeaway from the movie is that parents should be in agreement. Dad says to Mom: “You don’t need help from a ‘Yes Day’. What you need is a partner”. It was only a small moment in the movie, but it is a very important concept in parenting. When parents support each other, you’re not only modeling good behavior for your children but also helping them feel secure. They see that there is consistency with the rules of their family. If parents are not on the same page, children learn that they can get what they want by going around one parent to the other; which leads to division in the family.

“Yes Day” (on Netflix) is based on the best-selling children’s book of the same name by Amy Krouse Rosenthal.

Helpful videos and online classes are offered free of charge by the ACFC in partnership with Active Parenting. To access more invaluable parenting resources, just go to the [ACFC website](https://www.acfccares.com) and click on the Active Parenting tab on the left-hand side of the home page.