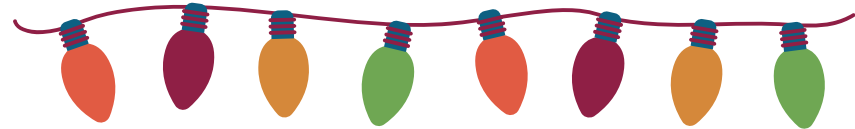


December 2021

What if you made December your best month of heartfelt, savvy parenting this year? What would that do for your family? What would that do for your view of yourself as a parent? Follow this calendar for some ideas to bring more love, joy, and connection to your family as we wrap up 2021!



- | | | | | | | |
|--|---|--|--|--|---|--|
| | | | 1
Hug your kids today. | 2
Take a family walk outside. | 3
Post anonymous notes of gratitude on neighbor's doors with your kids | 4
Talk to your kids about tricky people. |
| 5
Spend one-on-one time with each of your children doing something fun! | 6
On this final night of Hanukkah, talk about traditions different than yours. | 7
Hide a love note for each of your kids to find. | 8
Listen. | 9
Read out loud to your children no matter their age! | 10
Watch a holiday movie together. | 11
Spend a day off screens together. |
| 12
Have a family dance party. | 13
Share a story from your childhood with your children. | 14
Leave a note of affirmation on a sticky note on your child's mirror. | 15
Talk about what the holiday season means to you! | 16
Do something kind for someone as a family. | 17
Enjoy a family game night. | 18
Take a drive to see the holiday lights in your town. |
| 19
Share gratitudes for one another as family. | 20
Have a family pillow fight, but stop when they say stop! | 21
Give yourself and your children some grace today. | 22
Before you yell, breathe. Breathe again. Repeat. | 23
Respect your children's boundaries--no hugs if they don't want them! | 24
Tuck your kids into bed, no matter how old they are. | 25
Use the words "I love you." |
| 26
Model self-care: do something kind for yourself! | 27
Make a list of all the things you love about your children. | 28
Share 3 things from yesterday's list with your children. | 29
Learn something new about each of your children. | 30
Share your favorite memories from the year with one another. | 31
Share your hopes and dreams for 2022 with one another. | |