

Significance

Significance: comes from the child's sense of belonging, feeling that one matters and that one is loved. Feeling significant goes beyond basic needs, it explores emotions and feelings, which are a significant part of growing up healthy and balanced. Significance is a child knowing that she or he is important, feeling that one is in the right place; that one fits in.

Explore Family History: Look at a picture of yourself and your child. Talk about the similarities you share; what are your differences? This could be a time to also talk about extended family, and important family history; she/he could be given a chance to identify with family qualities and understand where she/he has come from.

Show Love: What are the ways you show love to your children? Some ideas to try: Write your child a note and leave it in a backpack or school lunch. Healthy touch is an important connection between parent and child (ie: pat on the back, a hug, etc).

Promote Power to Choose: Your child will gain self-esteem and significance by being allowed to make small choices that affect his/her life (ie: what to eat for dinner, choosing an activity, etc.)

Creative Expression: Help your child create a collage to include important representations of her/his life and as part of your family. This could include magazine clippings, drawings, pictures, words, etc. Be creative!

Family Concept: Talk with your child about the things which define your family. Talk about important family traditions and teach your child how to continue that tradition. Who are the significant people or groups who belong to your family? What are some of your family values and what makes your family unique?

In the Community: What makes your community unique? Does your community hold events your family could attend as a group? Get to know what's available to you in your community and how you and your family can be involved (ie: supports, services, family activities, clubs, associations, etc.)

Confidence Building: Remind your child of positive characteristics and contributions she/he brings to the family. Using examples can influence your bond with him/her and help design his/her self-image; your child will make better choices and reactions when he/she feels good about himself/herself.

Each family member brings something wonderful to the family they belong to.

Success

Success: is based on mastery, being able to set goals, and achieve them. The “how to” or the process is very important; it is where opportunities for learning, growing, and improving are present. Success is about achieving personal, family, or community goals rather than being better or superior to others.

Goal Setting: Help your child set a goal for the near future. Set short-term goals that can be accomplished in a week, two weeks or in a month. Letting your child negotiate the terms of the goal will bring a measure of control and motivation to your child to meet the goal.

Goal Template:

What’s my goal? _____

How will I do this? _____

Goal Check-Up: (DATE) _____

Communicate: Use magazine clippings to create a poster collage with your child, showcasing strengths. Take time to discuss the selections chosen in the collage. Conversations and acknowledgement help promote growth of these strengths.

Get Moving: Increase physical activity as part of your family’s routine. What are some of the things you enjoy as a family? Make time for physical activity every day!

Food Health Watch: Talk about healthy food choices and share with your child Canada’s Healthy Food Choice guide. Help your child include all of the food groups in every meal by helping him/her make his/her lunch for school.

Practice Competence: Make a plan to accomplish something together and then accomplish it. Examples: cook together, practice reading every day together, or go for a bike ride to be more active. Practicing being successful at small things often motivates a child to experience future success.

Practice an Activity: Engage with your child in a sport or activity of his/her choice. Examples: kicking a soccer ball in the field, taking the family pet for a walk, or practicing a hobby with your child. Spending time supporting your child’s interests builds relationship and gives him/her opportunities to build on his/her skills.

Notice the Small Stuff: While you support your child’s growth you will notice small changes in his/her behaviour and contributions. Let him/her know you have noticed hard work or change by telling your child he/she is doing a good job and congratulate him/her on a job well done. Noticing small improvements, changes, or effort at random times is an effective way to help your child feel a sense of success and motivates him/her to do more.

Each family is unique and has its own strengths and abilities.

Self-Awareness

Self-Awareness is about independence, and being able to make choices that affect one's own life. Giving children the power to make decisions, appropriate for their developmental stage, will help children to learn self-discipline and acquire the confidence to make choices. Children become aware of what they can and cannot do (their own strengths) from an early age. This helps them build their own value system and understand their own limitations.

School Connection: Ask your child what his/her favorite subject in school is. Ask what are the things that make it the favorite? You are building your child's personal vocabulary related to his/her own self-awareness.

Try New Things: As a family, challenge yourselves to go out and do or try new things at least once a month. Exposure to different foods, activities, and cultures can create excitement and broadens your knowledge base and understanding of the world. Trying new things also challenges your child to expand his/her skills and knowledge and can create a real sense of independence and competence, and can create a greater sense of things that are important to your child and your family.

Body Boosts: Talk to your child about some of the physical changes happening in the body at this stage. For more information, check out:

www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1497

Stay to Play: Children should have at least 30-60mins of exercise each day as part of healthy physical and emotional development. Teach them the value of outdoor play by taking some time to spend with them each day if possible.

Personal Preparation: Discuss difficult situations when your child might need to say no, like peer pressure; solutions, consequences and practice dialogue; what could be said? Practice and role play will create awareness of values and expectations and how to be prepared in those situations.

Time Management: Help your child develop time management skills at an early age. Your child is learning to keep a longer attention span. Choose an activity with your child (ie: homework, working on a hobby) and set manageable time frames focused on a task and allow time for breaks.

What are some of the special gifts you share as a family?

Service

Service is linked with generosity, doing things for others, knowing that one has something to offer to one's family, friends, and community in general. Service is about knowing that you can be helpful and contribute with what you have to offer.

Imagine and Inspire: Talk with your child about making change (self or a situation), and plan how to accomplish it. For example, does your school have a recycle program? How could you give back to your community (ie: fundraising, volunteering)? Find ways that fit your child and family and make a change!

Say It Over: Notice when your child does something well and let him/her know it. You can support him/her by acknowledging his/her strengths and you will also role model how to provide positive feedback to others. Children lead by example.

Contribute by Choice: Encourage your child to become involved in helping with household duties. Decide with your child a family chore he/she would like to assist with each week. Offering choice empowers your child and he/she will be more likely to want to contribute.

Random Kindness: Create a kindness box for your family. Family members can write kind things they've noticed among family members on a piece of paper. Take time as a family to read out the acts of kindness with each other.

Role Modeling: Children are learning to become more like their parents. Intentionally role model service to others in your family by/including: serving your family at the dinner table, offering to help your child clean up, or presenting him/her with an opportunity to help you (ie: get the milk). Offering your child opportunities to help will support development of a sense of service to others through role modeling.

Making a Difference: With your child create a sense of community and contribute positively to others. This will support a healthy self-concept. For example, make cookies for the school class together or take dinner to an ill neighbor.

Volunteer: Find ways you and your family can volunteer in your community (ie: food drives, soup kitchens, visit the elderly, help out at animal shelters, etc.)

Connect: Connect with Community Liaison Officer (CLO) as he/she is a resource in your community. Are there ways to include your CLO as part of your community events or events at your child's school?

What does service mean to you and your family?

