

QUICK-WIN PARENTING

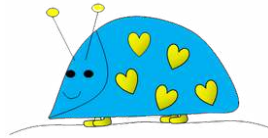
CHEAT SHEETS

ACTIONABLE PARENTING TIPS YOU MUST KNOW

HEALTHYFAMILYANDME

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QUICK-WIN PARENTING

CHEAT SHEETS

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5 EPIC PRINCIPLES OF POWER PARENTING

ACTIONABLE PARENTING TIPS YOU MUST KNOW

POWER SHARE

allow kids to make decisions and take responsibility

ACTION PLAN teach kids independence and accountability

OFFER SUPPORT

coach kids, rather than taking over tasks

ACTION PLAN teach life skills and trust kids to do them

WELCOME EFFORT

and not perfection ...

ACTION PLAN allow kids to discover the power of their imagination

EFFECTIVELY COMMUNICATE

practice and teach kids good communication skills

ACTION PLAN build confidence in listening and sharing feelings

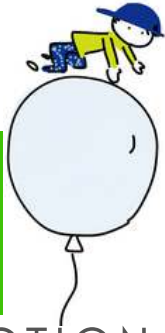
ROOT FAMILY TRADITIONS

build a solid family foundation

ACTION PLAN create missions together

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HOW TO RAISE A

BRILLIANT CHILD

ACTIONABLE PARENTING TIPS YOU MUST KNOW

DO ARTS AND CRAFTS

stimulates creativity, focus and fine motor skills

ACTIVITIES paper crafts, coloring, sewing, clay crafts



SHARE A BOOK

expands vocabulary, stimulates memory and resourcefulness

ACTIVITIES read books, tell stories, use story cards and games



BE SMART WITH MUSIC

develops brain, stimulates intellectual and emotional growth

ACTIVITIES listen to music, play an instrument, use music therapy



GET UP AND MOVE

strengthens the heart, improves lung capacity and immune system

ACTIVITIES stretch, play outside, do a sport, shake your sillies out



RELAX AND BREATHE

boosts mood and health, helps to discover inner peace and tranquility

ACTIVITIES yoga, meditation and breathing techniques, smell a flower



GET LOTS OF FRESH AIR

improves health, boosts energy levels and good sleeping patterns

ACTIVITIES play outside, plant flowers, visit a park, walk in the forest



PLAY FREELY

stimulates creativity, imagination and healthy brain development

ACTIVITIES coloring, drawing, reading, building puzzles and blocks



SHARE THE LOVE

creates a moment for your child to feel loved, cherished and special

ACTIVITIES have fun, create family traditions, do random acts of kindness

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14 SIMPLE WAYS TO HELP YOUR CHILD FOCUS

ACTIONABLE PARENTING TIPS YOU MUST KNOW

1 work together to establish a family routine and be consistent

ACTION makes brain cells, neural connections and pathways more efficiently

2 pay attention to what your child eats

ACTION stimulates focus and long-term memory

3 meet physical needs to help your child focus

ACTION boosts thinking and focus

4 provide opportunities for daily physical exercise

ACTION stimulates brain development and cell repair

5 model good listening

ACTION teaches focus on conversation with intention

6 touch your child

ACTION uses sensation to stimulate language processing

7 meet your child eye-to-eye

ACTION uses eye connection to help focus

8 have your child establish a special signal

ACTION reminder to pay attention without embarrassment

9 play memory games

ACTION exercises memory muscle for greater attention span

10 give one direction at a time

ACTION teaches focus until completion

11 break projects into small bites

ACTION teaches enjoyment of satisfaction of accomplishment

12 use a timer

ACTION helps to maintain focus

13 give your child an earplug

ACTION blocks distracting sounds

14 use colored dot stickers

ACTION teaches kids to focus on their own

THE STRUCTURE OF YOUR BRAIN CHANGES EVERY
TIME YOU LEARN SOMETHING NEW. SO KEEP LEARNING

HEALTHYFAMILYANDME AND THEBRAINSTAGES

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7 TIPS TO DISCIPLINE YOUR KIDS



AT ALL AGES

ACTIONABLE PARENTING TIPS YOU MUST KNOW

NEVER YELL

rather use attention diversion

ACKNOWLEDGE GOOD BEHAVIOR

use positive reinforcement as it provides kids with an incentive to follow the rules

SET BOUNDARIES

that are consistent and reasonable

AVOID POWER STRUGGLES

and never enter into arguments

ACCEPT AGE APPROPRIATE BEHAVIOR

and know when it's necessary to practice discipline and when not

USE LOGICAL CONSEQUENCES

like time-out, quiet time and removal of privileges

CHOOSE YOUR BATTLES WISELY

focus your efforts on teaching your kids important life skills

FORMS OF DISCIPLINE

time out, quiet time, taking a break, removal of privileges

INEFFECTIVE

shaming, name calling, yelling, long-form explanations, idle threats, inappropriate consequences, physical or verbal punishment

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HOW TO RAISE

SMARTER KIDS



ACTIONABLE PARENTING TIPS YOU MUST KNOW

BOOST MEMORY AND FOCUS

grows brain cells and neural connections

ACTIVITIES create a consistent learning routine and use memory games



ADD BRAIN FOODS

improves sleep, boosts immunity, memory and focus

ACTIVITIES add at least two superfoods to each meal



DO CREATIVE ACTIVITIES

stimulates creativity, fine motor skills and imagination

ACTIVITIES coloring, card making, painting, sewing



LOVE AND SUPPORT

boosts self-belief and confidence

ACTIVITIES have fun together, spend quality time



UNDERSTAND NEEDS

limits stress by gaining ability to fulfill basic and special needs

ACTIVITIES ask questions to discover dreams and fears



GROW LOVE FOR LEARNING

creates opportunity for having fun whilst developing brains

ACTIVITIES play educational games, use learning printables like bookmarks



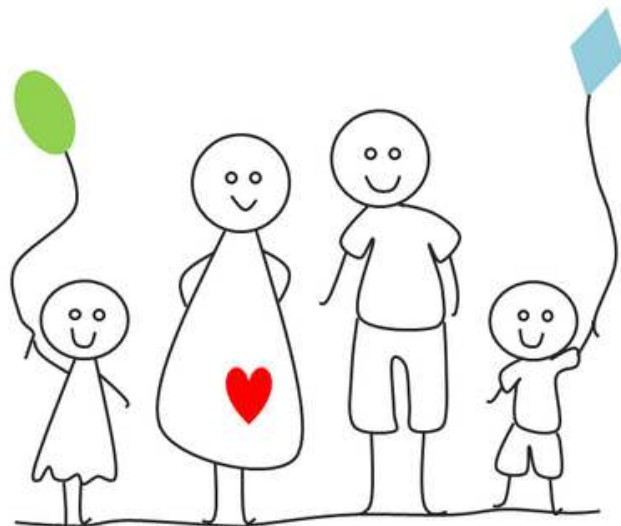
ALLOW BIG DREAMS

teaches importance of having goals and the joy of achieving them

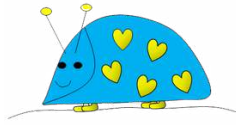
ACTIVITIES create goals list and use positive affirmations



**CHILDREN
LEARN MORE
FROM WHAT
YOU ARE
THAN WHAT
YOU TEACH**



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BONUS

101 fun family
happiness and kindness hacks



FUN FAMILY

HAPPINESS HACKS

- 1 Have a race to the nearest tree
- 2 See who can fit more mini marshmallows in his or her mouth
- 3 Tell knock-knock jokes
- 4 Play in the rain
- 5 Go on an adventure
- 6 Plant a veggie garden
- 7 Do yoga together
- 8 Go fruit picking
- 9 See who can smile the biggest
- 10 Enjoy a family movie marathon weekend and make yummy popcorn mix
- 11 Bake giant chocolate cookies
- 12 Build sandcastles
- 13 See who can jump the highest, furthest, or funniest
- 14 Create a gratitude list
- 15 Play outside with your pet
- 16 Build a tower with anything you can find
- 17 Sing songs together
- 18 Make clay animals and play zoo
- 19 Make silly faces
- 20 Do an act of kindness for someone
- 21 Sleep outside in a tent
- 22 Invent something like new playing cards
- 23 Organize a dress-up party
- 24 Blow giant bubbles
- 25 Go for a walk in the forest
- 26 Create a family goal board
- 27 Stay in bed until lunch time
- 28 Paint each others' faces
- 29 Write a story book together
- 30 Tell each member in the family you love them 10 times in one day
- 31 Shake your sillies out
- 32 Go on a road trip
- 33 Have a tea party
- 34 Make huge hamburgers
- 35 Learn something new like playing an instrument
- 36 Fly a kite together
- 37 Visit a fire station
- 38 Enjoy a bubble bath
- 39 Adopt a puppy
- 40 Play board games
- 41 Gaze at the stars
- 42 Play ball
- 43 Climb a tree
- 44 Have a treasure hunt
- 45 Go to the beach
- 46 Save money for a special vacation like visiting a theme park
- 47 Have a water gun war
- 48 Have a pajama party
- 49 Plan a picnic
- 50 Smell fresh flowers
- 51 Enjoy forest therapy

HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY,
AND WHAT YOU DO ARE IN HARMONY



50 FUN FAMILY KINDNESS HACKS

- 1 Leave a secret note
- 2 Pick up trash in nature
- 3 Smile and wave to the bus driver
- 4 Tell a joke to someone you don't know
- 5 Give the postman a chocolate
- 6 Wash the neighbor's car for free
- 7 Water the plants when a friend goes on holiday
- 8 Go fruit picking and gift it
- 9 Offer to carry shopping bags for the elderly
- 10 Bake your favorite biscuits and share it with friends
- 11 Surprise the bus driver with a thank you note
- 12 Cut a friend's lawn
- 13 Clean your room without being asked
- 14 Share your toys with other kids
- 15 Offer to walk someone else's pet
- 16 Secretly fold and pack away the laundry
- 17 Give a flower from your garden to the cashier at the shop
- 18 Write a song for a sibling
- 19 Babysit for free
- 20 Plant a tree
- 21 Do one of your sibling's chores
- 22 Give hugs
- 23 Smile ALL day
- 24 Give a sincere compliment
- 25 Wash grandma's hair
- 26 And, paint her nails
- 27 Be kind to yourself
- 28 Draw pictures illustrating your interpretation of kindness
- 29 Write a story book about kindness
- 30 Tell each member in the family you love them 10 times in one day
- 31 Paint a rock and leave it on a doorstep
- 32 Host a tea party for friends
- 33 Gift a free movie ticket to a friend
- 34 Have kids send text message to family members
- 35 Blow up balloons and take it to a sick friend
- 36 Pour your partner a bath filled with bubbles
- 37 Surprise the kids with yummy movie night popcorn
- 38 Offer to help wash the house windows in spring
- 39 Donate old clothes and toys
- 40 Make a family video and send it to family living abroad
- 41 Visit sick kids in hospital
- 42 Play ball with the new kid on the block
- 43 Print coloring pages and share with friends
- 44 Organize a surprise treasure hunt for the family
- 45 Add notes to lunchboxes
- 36 Surprise grand parents with a unplanned visit
- 47 Take a warm meal to new neighbors
- 48 Arrange a picnic and invite every child you know
- 49 Do homemade teacher gifts
- 50 Make a friendship bracelet for your best friend

KINDNESS IS LIKE SNOW
IT BEAUTIFIES EVERYTHING IT COVERS