December 2021

1. Talk to your child about your expectations. Is there a new responsibility he thinks he could handle?
2. Recreate a favorite holiday tradition from your own childhood. Share it with your child.
3. Ask your child to count how many servings of fruits and vegetables your family eats in a day. Just one or two? How could you add more?
4. If your child visits a friend’s home, make sure an adult will be there to supervise.
5. Praise your child when she studies hard.
6. Find out if your local public library sells used books. If so, let your child purchase one or two on your next visit.
7. Don’t use screen time as a reward or punishment. It will make it seem more important to your child.
8. Watch the news with your child. Have him select one news report and compare it with a print article on the same topic.
9. Give your child a coupon good for one-on-one time together.
10. Ask your child to explain a homework assignment to you.
11. Practice the art of compromise. Pick something you are flexible on to negotiate with your child.
12. Have your child research possible future careers. What skills and education are required for each?
13. Together, make a collage of photos taken of your child this year.
14. When helping with schoolwork, express your confidence that your child will get the hang of it.
15. Hang a chalkboard in your home. It’s a fun place to practice math problems.
16. Talk with your child about romantic relationships. Share your values and standards.
17. Listen to your child’s favorite music in the car. Talk about what you each like or don’t like about it.
18. Kids can be very busy at this time of year. Make sure your child gets plenty of sleep.
19. With your child, think of as many city nicknames as you can: Windy City (Chicago), Mile High City (Denver), the Big Apple (New York).
20. Point out an example of prejudice to your child. Talk about positive ways to deal with intolerance.
21. Ask your child to take responsibility for one or two seasonal tasks.
22. Let your child read in bed for an extra hour—only if there is no school tomorrow!
23. Have each family member prepare part of a meal, then eat together.
24. Tell your child a story about yourself at her age.
25. Turn off the TV for an entire day.
26. Ask, “What do you wish we did differently at home?” Be open to your child’s suggestions.
27. Enforcing a rule? Remember to be firm, fair and consistent.
28. Enjoy some exercise with your child.
29. Learn some sign language. Can your family use it to communicate?
30. Talk with your child about how each of you could improve your listening skills.
31. Have your child call or check out your state’s tourism office online. Is there a place he’d like to visit?