

NEWSLETTER

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parenting with **HONOR**

AUGUST
2022

This time of year can be overwhelming and busy, but it can also bring a bit of calm as schedules start to be more regular and predictable. It's the perfect time to add to our routine some important things to start the year off right with habits that will pay off all year long.

Our teens can be challenging at times, even distant or aloof. One way parents can show honor is by remembering not to let a single day go by without our child realizing how important they are to us. So as you plan for pick up and drop off and practices and games, set a reminder for yourself to do something simple each day — that might be, "Hello, good morning!" or a quick sticky note on their door or a note in their backpack. It may mean you spend 10 uninterrupted minutes with phones tucked away in a kitchen drawer talking about things that matter to your teen. It could also be dinners together, or choosing to watch their favorite show. Remember, as you share any one of these moments with them, to connect the action to their importance to you. Just don't let the days slip away before your teen is out of the house, and you miss those moments when they're gone!

Questions for parents to consider:

- What are the ways you show and tell your child how much they mean to you?
- How do you honor them when they aren't around? What is your narrative about them to your friends and family members?
- How can you be intentional each day to honor your child?

Questions to ask your child:

- How does it feel to hear positive things about yourself?
- Do you know how often I tell my friends how proud I am of you?
- What is your favorite part of yourself right now? Now I will share my favorite part of you!

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HONOR:

Letting someone know you see how valuable they really are

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Week One:

Your mind might be on other things right now (hello, back to school!) so showing honor to someone may not be the first thing that comes to your mind right now. However, honor is different from obedience and rule-following, but it still will help you get off on the right foot. So to get our month started, let's answer a few questions, like what is honor? How do we show value? How do we let someone know that they are valuable?

COLLEGE & CAREER READINESS

Week Two:

Everyone wants to hear something nice — about who they are, what they are wearing, how they performed, or how they made a difference. Sometimes, though, it's hard to know what to say when someone shows you honor. How do you deliver meaningful compliments, and how do you receive compliments when they are aimed at you?

ANTI-BULLYING FOCUS

Week Three:

How do we humble ourselves to really show someone how we feel about them? The problem with honor is sometimes it requires vulnerability from us to say how we really feel. This week is all about letting go of insecurities so we can show others they are valuable without feeling less about ourselves.

MENTAL HEALTH FOCUS

Week Four:

Traditionally, we are accustomed to honoring people at certain points in life: graduations, when they've done something good, after they pass, or in a large group— like Veterans or teachers during specific times of the year. The challenge this week, though, is how to do that all the time. You'll take a look at how we can honor everyday people now, so they get the feeling of being honored everyday. Who in your life are the everyday heroes, the people who hold us together, and the people who make your world a better place? How can you let them know that they are important?