

10 IDEAS TO RECLAIM YOUR KIDS' CHILDHOOD

DETERMINE YOUR FAMILY'S VALUES

What makes your family unique? Having a strong sense of family identity can help clarify how to spend your time on things that matter.



ENCOURAGE YOUR KIDS TO SET GOALS

Goal setting is a balance of being challenging yet achievable. Goals are important for building identity. Help kids set their own goals, support their setbacks, and celebrate their wins.

BUILD YOUR CHILD'S INDEPENDENCE

Age appropriate independence contributes to a positive sense of self-worth and confidence, enhances problem solving skills and builds resilience.



FIND THEIR NATURAL ABILITIES

Explore new activities and practice new skills. You can help kids find their passion and self-discovery. You don't know what you're capable of until you try it.

PRACTICE ACTIVE LISTENING

Set time aside daily to have meaningful conversations with your child without distractions. Validate their feelings and offer guidance without judgment.



ENJOY THE STAGES OF CHILDHOOD

Kids have different needs based on the stage of their development. Early childhood (0-5 years old), middle childhood (6-12 years old), and adolescence (13+ years old), all have different milestones to achieve.

SURROUND THEM WITH TRUSTED ADULTS

Having safe, trusted adults who can help guide and advise your child can provide parents with back up on key choices, especially teenagers.



ENCOURAGE FRIENDSHIPS & PLAY

A child's job is to discover, learn, explore, and connect with others, and play is where they accomplish this task.

ADOPT A GROWTH MINDSET

Kids may get easily frustrated and think it is easier to give up than keep trying, whether it is school or another activity. Teach kids that we learn more from our mistakes than we do by getting it right all the time.



SHARE MEMORIES, MAKE MEMORIES

What are your favorite memories from childhood? Incorporate those memories and activities into your kids's lives, and make new ones from the small things you do together every day.