

31 Day

# PARENTING Challenge

- Leave a love note for your child.
- Spend one on one time with your child.
- Dance with your child.
- Cook dinner with your child.
- Talk with your child about what they see themselves doing in the future.
- Share with your children what your childhood was like. What were your favorite things to do?
- Go the entire day without raising your voice.
- Hug your child at least 5 times today.
- Sing a song with your child.
- Tell your child 5 things you love about him/her.
- Write a list with your child of things he/she would like to do as a family.
- Read a book with your child.
- Bake with your child or make their favorite dessert with them.
- Teach your child a new skill today.
- Give your child 100% of your attention when they are speaking today.
- Unplug from all electronics for the day and have your child decide what fun ways to spend the day with you.
- Get crafty with your child and make an art project with him/her. Not the crafty type? Check out Pinterest for inspiration.
- Tell or write a story with your child. Take turns telling what will happen next. Make it as silly or realistic as you want.
- Teach your child a new word. Better yet, learn some words in a new language together.
- Take silly pictures together and of each other.
- Go through old pictures from when your child was younger. They will get a kick out of seeing themselves so little.
- Go to a park, playground, or just take a walk with your child.
- Have your child tell you 5 things he/she loves about you.
- Laugh with your child. Tell each other jokes. Make funny faces to get each other to laugh.
- Remember that being a parent is a blessing and parent with that in mind today.
- Do not pass judgment or criticize your child today.
- Remember that your child will be all grown up in a matter of years and truly cherish every moment with him/her today.
- Let your child pick an activity for you to do together today.
- See how well you know your child and vice versa. Make a list of 10 questions for each of you to answer about the other one such as favorite flavor ice cream, favorite meal, etc. and guess what you think the other person would say. Then see how many you each get correct.
- Talk with your child and role play what to do if they are being bullied or see someone else being bullied.
- Pick your favorite activity this month and do it again. Or come up with your own fun idea.

