



Introduction

Happy 2017! With the start of a new year upon us, this is a time when many of us are thinking about New Year's resolutions or new beginnings. Involve your family in talking about your hopes for the new year and new activities you would like to try together at home or in the community. In addition, take time to reflect on ways to take care of yourself in the new year (something we often forget to do as parents!).



This series of newsletters is inspired by and created just for parents. If you have suggestions, comments, or ideas for future newsletters please email: opec@oregonstate.edu. For additional parenting resources, like us on Facebook (Oregon Parenting Education Collaborative) and follow us on Twitter (@OPECParentingEd)

Taking Care of One Another in the New Year

Have a family discussion about feelings you would like to have more often in your family in the new year.

Discuss!

- What are the feelings that you like to have when you are together as a family?
- What are the things that you do to help one another have these feelings?

Create a family picture or collage of what you talk about. Include a list of the feelings you come up with as well as the things you can do together on a daily basis or on special occasions to have those feelings. Children can get involved too by helping brainstorm ideas, drawing pictures, or scribbling to help decorate your collage. Post your picture on the refrigerator or in a place where you will see it on a regular basis as a reminder.



⇒ Additional Resource

Involving children and families in new year's resolutions

<http://www.pbs.org/parents/holidays/making-new-years-resolutions-child/>



Find us on Facebook (Oregon Parenting Education Collaborative),
Twitter (@OPECParentingEd) and our website: orparenting.org

Making a Plan to Take Care of Yourself in the New Year

Parents and caregivers of young children are notorious for taking great care of others while not taking time to care for themselves. Taking time for yourself can feel “selfish,” but it actually helps you be a better caregiver and can reduce stress in your family and improve your family well-being!

- Make a list of the things you can do to take care of yourself: reading, exercising, getting enough sleep, calling a friend, listening to music. **What do you enjoy?**
- Set a goal to **integrate self-care** into your routine more often whether that is once a day, once a week, or even once a month.
- **Share** your goal with your family so that they can help support you.
- Try **involving your family** in activities that you enjoy when you can (e.g., find music you can listen to together; take family walks) as well as taking time for yourself. In doing so, you will be teaching your family a valuable lesson about the importance of self-care through modeling these behaviors for them.



⇒ Additional Resource

Importance of parent self-care and strategies for self-care

<https://www.scanva.org/support-for-parents/parent-resource-center-2/self-care-for-parents/>

Trying Something New Together in the New Year

Look for a parenting class in your community. The Oregon Parenting Education Collaborative (OPEC) helps support free and low-cost parenting series for all Oregon families (childcare is sometimes included!). Parenting classes are a great way to connect with other families, share challenges and successes, and learn new strategies! Learn more about parenting activities in your community through your OPEC Hub!

