

Practical Ways to Train for a Life of Significance:

Parents:

- Love on your child every day at every age and say, “I love you.”
- Laugh with them at least once a day.
- Help them learn in all areas of life – formally and informally.

Ages 2-5:

- Look your child in the eyes when they talk to you and train them to do the same.
- Read voraciously to them. Take them to them to the library.
- Establish tickle time.

Ages 6-10:

- Train them to read for themselves.
- If they have a hobby or sport, help them to learn more about it.
- Help your child to see needs in others and to figure out a way to help them.
- Be goofy with your kids. Have fun.
- Encourage your children to do their lessons not for grades, but to make them a better person.

Ages 11-17:

- Get your child lessons for their hobbies or sports so they can improve.
- Encourage your child to hang out with other adults who will positively influence their life.

- Make family dinner a priority at least once a week. Talk, laugh, and cry together.
- Work with your child on the direction for their life. Encourage continued focus on future goals and aspirations.
- At this age your kids will laugh at you more than with you. Laugh, too.
- Ask your kids about who they are influencing and how.
- Hug your teenager and never be the first one to release the hug.

All Ages:

- Do something for someone in the family without being asked once a day. (i.e. make a sibling’s bed for them.)
- Random acts of kindness. Before going out to run errands, tell your children to watch for others who need their help. (i.e. opening a door for someone.)
- Discuss together the “Why’s” of life. Children are naturally curious. Instead of seeing their questions as annoying, discuss what they are interested in. You may even learn something in the process.
- Put up funny notes around the house.
- With erasable markers, draw pictures on their bathroom mirror. When they stumble into the bathroom in the morning, they will smile.
- Watch a wholesome DVD of a good comedy or stand up comedian. They provide wonderful, hilarious family entertainment so we can laugh together. Our kids extend the joy by repeating the jokes over and over.