Simple Ways to Take Care of What Is Really Important (Adapted from Richard Carlson’s Don’t Sweat the Small Stuff with Your Family)



* *Set a positive emotional climate.*
* *Give yourself an extra ten minutes.*
* *Learn from kids as they live in the moment.*
* *Forgive your outbursts.*
* *Listen to Her (to Him).*
* *Make peace with bickering, it is part of the package of parenting.*
* *Don’t answer the phone.*
* *Think of taking care of your home like painting the bridge…a process.*
* *Keep your promises.*
* *Encourage boredom in your children…don’t feed the idea of constant activity.*
* *Allow white space on your calendar.*
* *Ask yourself, “What messages am I really sending to my children?”*
* *Expect it to spill.*
* *Make light of being overwhelmed.*
* *Never miss a chance to say, “I love you.”*
* *Develop your own reset buttons.*
* *Keep good company.*
* *Don’t put yourself down.*
* *Set a good example.*
* *Fill your home with evidence of love.*
* *Let “Them” (can be anyone) win an argument for a change.*
* *Keep a sane pace.*
* *Let go of your expectations.*
* *Separate work from everything else.*
* *Work on absolute acceptance of those you love most.*
* *Acknowledge the unique hardships of your family.*
* *Remember actions speak louder than words.*
* *Become less easily bothered.*
* *Schedule time for kindness.*
* *Have family meetings.*
* *Remember to show your appreciation.*
* *Put things in perspective.*
* *Take it as it comes.*
* *Attend to feelings first.*
* *Imagine that someone else is in the room watching you.*
* *Stop repeating the same mistakes.*
* *Recognize when someone doesn’t have an eye for something.*
* *Think in terms of: my child, my teacher.*
* *Look for incremental improvement.*
* *Remind yourself frequently what children really want.*
* *Speak softly.*
* *Stay playful.*
* *Think of something you did right today.*
* *Remember, it’s the little things that will be remembered most.*
* *Be an example of peace.*
* *Embrace change.*
* *Remember, this too shall pass.*
* *Treat your family members as if this were the last time you were going to see them.*