



WEEK-1 DAY-5 IN MINDFUL PARENTING SERIES

UNDERSTANDING THE VALUE OF HARD WORK

Do your children help maintain a clean, happy home, or are they treated as guests in a hotel?

What age appropriate household chore can your children be responsible for?

How might your children contribute towards earning their toys and treats?

How do you model the importance of hard work to your children?

*If you want to shine like the sun, first burn like the sun -
Dr. APJ Abdul Kalam*