

WEEK-2 DAY-4 IN MINDFUL PARENTING SERIES


# Respecting Each Child's Individual Gifts

Today is:



## Mindful Activity

Identify the ways in which you may be comparing your children with their siblings or friends



Understand that each child has a unique set of strengths - identify your child's strengths and list ways you might encourage the development of those strengths

Always be ready to hear the YES in the NO...

Model the behavior you want to see...

