

## **POWERS GOALS**

- ❑ Create a daily habit of spending quality time with your kids, even on the busiest days.
- ❑ Set a daily or weekly unplug time when you turn off all distractions and just focus on your kids.
- ❑ Help your kids develop a growth mindset. It will have a huge impact on their lives and will help them overcome challenges easier.
- ❑ Implement family contributions to get your kids involved in household takes in a playful way and help them become more responsible.
- ❑ Start planning monthly (or weekly) dates with your kids.
  - ❖ Special Fort Date
  - ❖ Dance Party Date
  - ❖ Cooking Date
  - ❖ Creative Date
  - ❖ Cuddle Date
  - ❖ Pajama Party Date
  - ❖ Photo Booth Date
  - ❖ Board Games Date
  - ❖ Talent Show Date
  - ❖ LEGO Building Date
  - ❖ Family Stories Night
  - ❖ Build a Gift Date
  - ❖ Homemade Pizza Date
  - ❖ Photo Album Date
  - ❖ Interview Date
  - ❖ Sporting Event Date
  - ❖ Picnic Date
  - ❖ Bike Ride Date
  - ❖ Zoo Date
  - ❖ Scavenger Hunt Date
  - ❖ Nature Scavenger Hunt Date
  - ❖ Mini-Golf Date
  - ❖ Hiking Date
  - ❖ Farm Date
  - ❖ Photo Scavenger Hunt Date
  - ❖ Stargazing Date
  - ❖ Pool Date
  - ❖ Water Fight Date
  - ❖ Kite Date
  - ❖ Rainy Day Date
  - ❖ Natural Park Date
  - ❖ Botanical Garden Date
  - ❖ Festival Date
  - ❖ Boat Ride Date
  - ❖ Movie Date
  - ❖ Breakfast Date
  - ❖ Ice-Cream Date
  - ❖ Aquarium Date
  - ❖ Museum Date
  - ❖ Secret Ride Date
  - ❖ Bowling Date
  - ❖ Child's Choice Date
  - ❖ Library Date
  - ❖ Dinner Date
  - ❖ Day Trip Date
  - ❖ Event Date
  - ❖ Coffee Shop Date
  - ❖ Amusement Park Date
  - ❖ Railroad Museum Date
  - ❖ Fire Station Date
  - ❖ Activity Class Date
  - ❖ Train Ride Date
- ❑ Declutter all your children's toys. This will not only make cleaning up easier for you, but it will help you kids become more focused and creative.
- ❑ Start a mother and child journal that will bring you closer. (A journal will encourage your kids to open up to you. Also, it's a wonderful way to capture little happy moments that you enjoy together.)
- ❑ Implement daily routines for your kids.
- ❑ Start a no-yelling challenge. If you struggle with managing your parenting anger and you want to change this, starting a no-yelling challenge can be life-changing!
- ❑ Implement positive parenting and use gentle solutions for every parenting challenge.
- ❑ Make family dinner a daily habit and use that time to connect with your kids.
- ❑ Start planning regular family meetings. (They are great for solving problems as a team, discuss any challenges that the family is facing, get the kids involved in family decisions, and get your family life more organized.)
- ❑ Wake up 30 minutes earlier than your kids.
- ❑ Create a weekly meal plan for your family. (This will save you money and time and it will also help you make better food choices for your kids.)



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- ❑ Implement weekly family nights to connect and have fun with your kids.
  - ❖ Movie night
  - ❖ Make your own pizza
  - ❖ Ice cream Sunday bar
  - ❖ Hide and seek in the dark
  - ❖ Backyard camping
  - ❖ Stargazing
  - ❖ Scavenger hunt
  - ❖ Family nature walk
  - ❖ Dance party
  - ❖ Family video
  - ❖ Creative night
  - ❖ Watch old family videos
  - ❖ Play charades
  - ❖ Time capsule
  - ❖ Talent show
  - ❖ Board game night
  - ❖ Chalk art
  - ❖ Puzzle time
  - ❖ Family art night
  - ❖ Truth or dare
  - ❖ Formal dinner
  - ❖ Family photoshoot
  - ❖ Lego night
  - ❖ Bingo night
  - ❖ Old photo albums
  - ❖ Theme night
  - ❖ Vision board
  - ❖ Play card games
  - ❖ Family walk
  - ❖ Family dinner at the restaurant
  - ❖ Go to a sports game
  - ❖ Family book club
  - ❖ Surprise family night
  - ❖ Bike ride
  - ❖ Family interview
  - ❖ Children's choice
  - ❖ Planning time
  - ❖ Museum night
  - ❖ Innovation night
  - ❖ Night in the living room
- ❑ Set monthly date nights for you and your spouse. (This will help you build a stronger marriage and will bring more joy and connection in your relationship. Here is a big list of date ideas to inspire you.)
- ❑ Start a reading challenge with your kids. (This will encourage them to read more books and also help you connect and spend quality time together.)
- ❑ Practice gratitude as a family. (The easiest way to do this is to create a gratitude jar and invite all the family members to contribute to it. Another way to practice gratitude is to invite every family member to mention one thing they are grateful for every day at dinner.)
- ❑ Create a bucket list of family activities and start implementing it. (Invite the whole family to create a bucket list with easy activity ideas to try together. Display the list in your home and try the activities one by one anytime you want to spend time together as a family.)
- ❑ Set a weekly "mom pause". (Make it a habit to spend 2-3 hours alone every week (on the same day and time to make it easier to plan). Use that time to relax and do something that makes you happy.)
- ❑ Set a regular "technology-free" time.
- ❑ Replace chaos with planning. (Taking care of children comes with a little dose of chaos because life with kids is unpredictable. But this doesn't mean that every day needs to feel chaotic and overwhelming.)
- ❑ Do something just for your every week. (It doesn't have to be something big but make sure that you do something for you every week. It can be as simple as taking a bubble bath or watching a movie while enjoying a glass of wine and your favorite sweets.)
- ❑ Start a daily journal. (You can either start a gratitude journal to help you focus on the positive aspects of every day or you can choose a guided Q&A journal for moms that will become a precious family keepsake.)
- ❑ Start an exercise routine. (Going to the gym on a regular basis can be difficult when your kids take up most of your time. But you can use a DVD to exercise at home. Or you can invite the kids to weekly bike rides and exercise while having fun with them.)