

NEWSLETTER

WebParenTip, Volume 10, # 2 for Feb 4, 2009

FEBRUARY BLAHS

Here we are in February and most of us have the Midwinter Blues.

Lots of colds and flu. The kids in the great grey north are pretty sick of being in the house. Spring seems a long way away. (Those of us who live in Arizona are lucky. We not only have sunshine but spring has already started.)

Kids need both predictable routines and creative surprises. (See archived NEWSLETTER: Volume 6, # 3 March 2005, CREATIVE SURPRISES.)

They also need to feel that they count around your house, they are listened to respectfully, they are involved in a developmentally-appropriate way in family decisions. And they are needed as part of the family team to help around the house and take responsibility for keeping the house inhabitable.

I am awed by today's busy parents. They are working their butts off to make a home for their family and to raise their kids. But if these busy parents have one flaw it is that they don't expect their children to help around the house.

So I have a suggestion that will get rid of the February Blahs and let your kids know they count. Start spring cleaning early this year. Begin with a family meeting. Talk about spring cleaning in the old days when you were a kid. Make a list together of all the things that have to be done. Let the kids pick the chore they want to do. Pick a Saturday when Team Family cleans up a storm. And reward everybody with a treat afterward.

Spring will be here before you know it!