



### **Get Better Understanding**

#### **Every Day Thanksgiving**

For some of us the thought of giving thanks is done only during this holiday season. And then the business of the holiday preparations causes exhaustion and crabbiness rather than a time of reflection and gratitude.

This year let's try something new. Let's create an environment where thanks is given every day. Truly there is something to be thankful for every day. If the time is taken to find it, a new energy and outlook will be the result.

To start with get yourself a nice journal. Pick one that draws you and your kids. Decorate it if you want. Then designate a place in your home as the gratitude corner.

Each evening, have your kids meet you in the gratitude corner and each write out something they are thankful for. For children who are not old enough to write yet, have them draw their thanks.

This will allow you all to end the day on an up note. It will allow you to reflect on what is good in your life. Another benefit will be to learn more about your child(ren).

#### **A Bed Time Story**

I want to encourage you to set aside time to read with your child(ren). Not only will this help them improve their reading skills, the books you read will give you an opportunity to deepen your relationship.

You can introduce them to stories you have known and loved. You can explore together many of the great books that are now in the market. If you need ideas, go to the public library and ask a librarian for ideas.

For this month a great book to read would be **Thank You, Mr. Falker** by Patricia Polacco. This picture book is for all ages.

It is about a young girl who looks forward to school and learning. However, she finds it hard to read. Years go by as she struggles on her own. When she starts the fifth grade in a new school, her teacher helps her overcome her challenges and helps her find the joy in learning again.

### **Something for the New Year**

Starting in '08, I will be adding tele-seminars to the website. I will be interviewing single parents. If you know someone you'd like me to interview, please pass the name along. Along with the tele-seminars, I will be creating a tele-support group. I'll be sending out requests for ideas in the next couple of months. I would love your feedback.

### **Join Me At The Next Parenting On Purpose Workshop**

Do you want to become a better parent? Do you seek to find ways to make life better for you and your children? Do you want time for yourself and not feel guilty? Parenting On Purpose Workshops are designed to give you the tools and skills to create the life you desire for you and your family.

Come to one of our workshops, times and locations vary. Contact [info@laurariestraining.com](mailto:info@laurariestraining.com). Make sure to include 'workshop sign-up' in the subject line.

Be sure to ask about the special bonus for signing up through the e-zine.

### **Check out my Blog!**

Go to [Successtelevision.com](http://Successtelevision.com)

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