

## Plan your stay.



After you have read the Points of Interest, look over the things you have learned. Pick something to work on this week with one of your children. Maybe you want to notice how your daughter likes to be understood. Maybe you want to take time to listen to your son.

Map out the details of your plan. What exactly do you plan to do? When will be the best time? Do you need to do anything to prepare the child to take part in your new plan? Do you need to do anything to prepare yourself? For example, do you need to relax and think about your child's qualities instead of faults so you are prepared to respond positively to your efforts?

Decide some small thing you can do this week and write out your plan:

What you plan to do:

Lined writing area for planning.

The best time to do this:

Ideas to prepare my child:

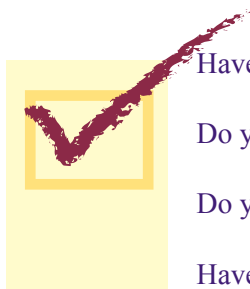
How I can prepare myself:

People who can help me:

## Learn more about Insight.

Insight is so important! We hope you will have a great time there AND become an expert at finding your way around. Maybe you want more help to explore Insight. If so, you might:

- Read ideas about ages and stages of development at [www.arfamilies.org](http://www.arfamilies.org).
- Look for a class in your area on ages and stages or on showing compassion.
- Read a book about understanding children such as Haim Ginott's *Between Parent and Child*, or John Gottman's *Raising an Emotionally Intelligent Child*.
- Get ideas from another person who is very good at understanding and compassion.
- Get more ideas by going to the national extension family website, [www.cyfernet.org](http://www.cyfernet.org), and searching on understanding, empathy, listening or compassion.



- Have you made progress?
- Do you want to be more effective at understanding your children?
- Do you have new ideas about how to understand your children?
- Have you made a specific plan for something you plan to do?

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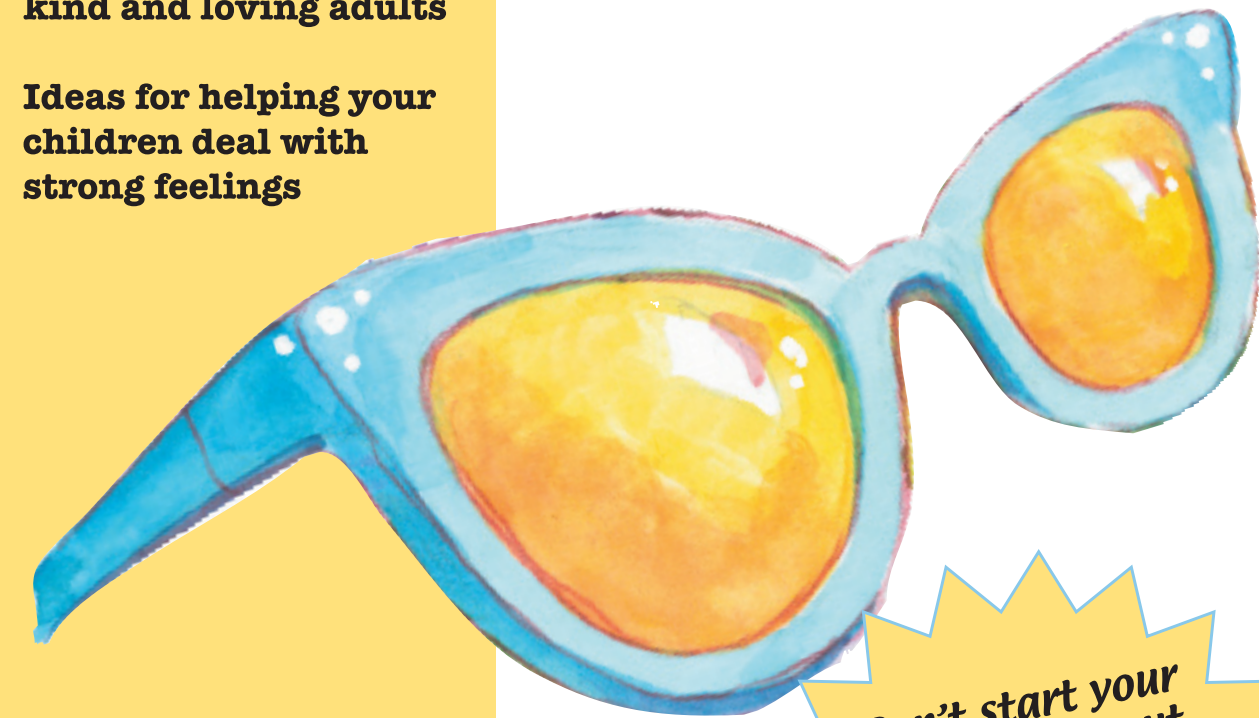
# Enjoy the view at Insight

Inside:

**Understand your children better**

**Help them grow to be kind and loving adults**

**Ideas for helping your children deal with strong feelings**



Don't start your journey without a map! Pick up the parenting journey map (FC S 240) to get an overview of the whole trip.



