

## Plan your stay.



Look over the things you have learned from the Points of Interest. Pick something to work on this week with one of your children. Maybe you want to tell stories of a favorite ancestor, serve a neighbor, visit your child's teacher or just have fun together.

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 your child to take part in your new plan? Do you need to do anything to prepare yourself? For example, do you need to ask other families about their traditions so you have more ideas?

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

What you plan to do:

Handwriting lines for planning what to do.

The best time to do this:

Handwriting lines for planning the best time.

Ideas to prepare my child:

Handwriting lines for ideas to prepare child.

How I can prepare myself:

Handwriting lines for how to prepare myself.

People who can help me:

Handwriting lines for people who can help.

## Learn more about Wellness.

Reunion Springs is an important part of the parenting journey. We hope you will gain strength from your experiences there. You may want more ideas to make the most of Reunion Springs. If so, you might:

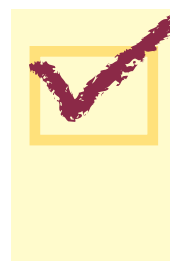
-Gather ideas about advocating for children in your community, celebrating as families, enjoying family history, building assets in youth, getting involved in your children's education and connecting them to the world of work at [www.arfamilies.org](http://www.arfamilies.org).

-Look for a class in your area on service, family history or teaching values to children.

-Read a book about understanding children such as Haim Ginott's *Between Parent and Child* or William Doherty's *Take Back Your Kids*.

-Get ideas from another person who has effectively taught values or been an example in some other way.

-Get more ideas by going to the national extension family website, [www.cyfernet.org](http://www.cyfernet.org) and searching on love, fun, values, family history, routines or traditions.



Have you made progress?

Do you want to be more effective at parenting your children?

Do you have new ideas about how to parent your children effectively?

Did you read about one area in Reunion Springs that you can focus on? How will you do it?

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# Settle in at Reunion Springs

### Inside:

Feel healthy and strong

Have energy to invest in your family life

Bring the best of yourself to your parenting

