

Raising Playful Tots #143

Being ready to support through the new school term

Introduction

Before we get buried in the school year. In this show we're pushing pause, reflecting and getting a vision of what we want to happen before our plates are so full we're stressed. Back to school time is a traditional time for nearly all families to wipe the slate clean and start again. What will you choose to keep? What will you try new?

Discussion questions

1. What is your vision of screen time and playtime? Compared to where you were last year you'll have definite views. Be true to your family values.
2. Is the family doing what you both want to help your family to grow?
3. What are your upper or lower limits of a) screentime or b) playtime?
4. What type of toys and play do you want to see entering your home during the holiday season?
5. Dream your ultimate evening schedule and share out loud.
6. Observe what's going on now....good parts and parts not working well- share one
7. Choose one thing to improve: E.g. Make is simple.
8. Set a recurring time to rotate books and toys. The show made a suggestion but what's your interval?
9. How do you reduce the toys in your home? [10 day challenge](#)
10. What ways do you teach your children to calm down when you're not in the angry moment?

Family next steps

Choose an area from the show or the questions above that struck a nerve. Where can you find a simple tweak, reduction, change that will impact that person or family structure?

Write your idea below. It maybe a journal entry or just thoughts?
