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?

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<th>What you plan to do:</th>
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<th>The best time to do this:</th>
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<th>Ideas to prepare my child:</th>
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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:

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- 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?

Author: H. Wallace Goddard, Family Life Specialist

Development Team: Traci Johnston, Sherry Roe, Chris Meux, Katy Randall, Lindsey Underwood and Jennie Hubbard.

The Parenting Journey Travel Guide

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

Don’t start your journey without a map!
Pick up the Parenting Journey Map (FCS 240) to get an overview of the whole trip.
We as a family can take on projects to serve others. There are great opportunities in times of crisis to offer comfort or service. Even in the ordinary flow of life, there are opportunities to help those in need. We can visit those who are lonely and help those with disabilities. Children learn valuable lessons in compassion when they serve people in need.

Parents show their values in many ways—the way they act, the way they talk and the way they choose to invest their time.

Families are improved and strengthened by family traditions. We can build traditions that tie minds that will help them to feel proud of their own heritage. We can gather up stories, pictures and histories of their ancestors. We can start our children in learning about noble and good people. Invite our children to noteworthy people.

In addition to connecting our children with their communities, we can also connect them with their own heritage. We can gather up stories, pictures and histories of their ancestors. We can put pictures on the wall and stories in their minds that will help them to feel proud of their family traditions. We can build bonds that tie us to the experiences of our ancestors. We can arrange gatherings with extended family. All of this helps weave a network of love and hope for our children.

Point of Interest

1. Show your values

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Point of Interest

2. Make your community child-friendly

Many communities don’t make an effort to help children feel welcome. We can help children develop into good citizens not only by making the community more child-friendly, but also by letting them contribute.

For example, we can work with officials to get playgrounds built. Then, we can work with our children to keep the playgrounds clean.

Point of Interest

3. Enjoy time together

Parenting is hard work. However, it is also the most satisfying way of doing something meaningful with our lives. Most of the work we do will disappear. The legacy of love and goodness that we give our children will live for generations.

We can think of parenting as work that interrupts our lives, makes us tired and uses up all our money. Or, we can think of parenting as the most important investment we will ever make.

When we think of parenting as an investment, we bring our best thinking, warmest affection and most faithful service to the journey. We take time to learn about children and how to help them. We learn to listen to them. We spend time both learning and having fun together. We patiently teach them about good character. We invest hours building traditions and memories.

Things to do in Reunion Springs

Build traditions that teach your children what you value most.

Strengthen the family and neighborhood through service.

Work with schools and other organizations to build support for children.

Make our communities safer for our children by helping neighbors, churches, businesses and schools be more mindful of safety.

Connect our children to extended family through gatherings and to ancestors through stories.

Cherish the gift of life.
Settling in at Reunion Springs takes a little planning and effort. It doesn't happen by accident, but the rewards are worth the effort!

In the boxes below, you can use stickers or create your own mark to celebrate those things you are already doing well. You might also mark those things that you hope to improve in your relationships with your children. Use these marks to help remind you to celebrate what you're doing well and to add more good things to your parenting journey.

Points of interest

1. Show your values

Parents show their values in many ways—the way they act, the way they talk and the way they choose to invest their time.

Families are improved and strengthened by celebrating good people. We can think of parenting as work that we do for generations. The legacy of love and meaning will be with us to the end. We can make children proud of their parents.

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In addition to connecting our children with their communities, we can also connect them with their own heritage. We can gather up stories, pictures and histories of their ancestors. We can put pictures on the wall and stories in their minds that will help them to feel proud of their family traditions. We can build homes that tie us to the experiences of our ancestors. We can arrange gatherings with extended family. All of this helps weave a network of love and hope for our children.

We as a family can take on projects to serve others. There are great opportunities in times of crisis to offer comfort or service. Even in the ordinary fl ow of life, there are opportunities to help those in need. We can visit those who are alone and help those with disabilities. Children learn valuable lessons in compassion when they help others. There are many things we can do to make our children's school experience better. We can get to know our children's teachers, and we can work with them to strengthen the schools. We may be tempted to think of teachers as our enemies, but it's important to remember we're all working for a common cause: helping children. We can also volunteer our time to help at school.

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Points of interest

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Parents show their values in many ways—the way they act, the way they talk and the way they choose to invest their time.

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In addition to connecting our children with their communities, we can also connect them with their own heritage. We can gather up stories, pictures and histories of their ancestors. We can put pictures on the wall and stories in their minds that will help them to feel proud of their family traditions. We can build at home what tie us to the experiences of our ancestors. We can arrange gatherings with extended family. All of this helps weave a network of love and hope for our children.

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One of the most important areas for children to have good experiences is at school. They spend a lot of hours there and have experiences that can make them more sensible, happy and productive or more contrary, bitter and destructive.

There are many things we can do to make our children’s school experience better. We can get to know our children’s teachers, and we can work with them to strengthen the schools. We may be tempted to think of teachers as our enemies, but it’s important to remember we’re all working for a common cause: helping children. We can also volunteer our time to help at school.

Service is a regular part of our family traditions. We celebrate our family history through stories, pictures and traditions. In the boxes below, you can use stickers or create a picture to help remind you to celebrate what your family is already doing well. You might also mark those things that you hope to improve in your relationships with your children. Use these marks to help remind you to celebrate what you’re doing well and to add more good things to your parenting journey.

Settle in at Reunion Springs

You can build a sense of safety and connection that will guide your family’s journey when you...

1. Settle in at Reunion Springs

2. Make your community child-friendly

3. Enjoy time together

Things to do in Reunion Springs

Build traditions that teach your children what you value most.

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Cherish the gift of life.
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How I can prepare myself:

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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?

Author: H. Wallace Goddard, Family Life Specialist

Development Team: Traci Johnston, Sherry Roe, Chris Meux, Katy Randall, Lindsey Underwood and Jennie Hubbard.
Plan your stay.

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Learn more about Wellness.

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Settle in at Reunion Springs

**Inside:**

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