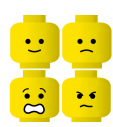




Teaching Emotional Labor

- ☐  Have your kids invite their grandparents and extended family members to their events
- ☐  Put them in charge of getting presents for others
- ☐  Teach them the importance of showing gratitude (thank you notes and more)
- ☐  Talk to them often about feelings: Theirs, yours, other family members', their friends'
- ☐  Include them in planning and executing family holidays and celebrations
- ☐  Actively teach them how to maintain solid friendships
- ☐  Teach them how to apologize; model this skill yourself
- ☐  Use a family calendar to have them practice awareness of others' schedules and needs



Acknowledge and support the need for mental health days



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