


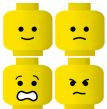







## Teaching Emotional Labor

-  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