



Teaching Emotional Labor

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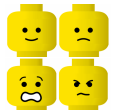

Have your kids invite their grandparents and extended family members to their events

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Put them in charge of getting presents for others

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Teach them the importance of showing gratitude (thank you notes and more)

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Talk to them often about feelings: Theirs, yours, other family members', their friends'

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Include them in planning and executing family holidays and celebrations

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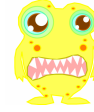

Actively teach them how to maintain solid friendships

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Teach them how to apologize; model this skill yourself

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Use a family calendar to have them practice awareness of others' schedules and needs

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Acknowledge and support the need for mental health days



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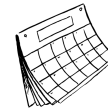

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