FAMILY GOALS:

1. Stomp the ANTs and practice positive self-talk. Believe in your ability to create a strong, loving family using these lessons.

2. Eat family dinner (or any meal) together 3–5 times a week using a Conversation Jar.

3. Have 10–15 minutes of one-on-one time every day with each child using the “My Time” concept. Allow the child to choose the activity; praise as you play.

4. *Choose a set day and time for the coming weeks to watch all ten DVD lessons together and practice the skills you’ve learned using pretend situations. (For example, every Monday evening.)*

FAMILY FUN:

Make a family Conversation Jar using the handout. While eating together, share what you like about each other or nice things you have done and discuss a topic from the jar.

*Day & time we will watch:*

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POWER PHRASE:

“Bonding through daily one-on-one play called ‘My Time’ and having pleasant family dinners help build strong and loving family relationships.”