

NEWSLETTER

re:co
re:connect

parenting with
PEACE

M A R C H
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As a parent, it can often seem that chaos is all around us. However, it's important to remember that we can always choose to find peace in the chaos. Addressing each member of the household with a calm tone, choosing our battles, and entering each day with a plan are a few of the ways you can find calm despite a messy house, busy schedule, and tiring evenings. When all else fails, having our own quiet place (whether real or imaginary) can help us to cope when we need a break. Encouraging peace in our own homes won't be easy if we can't find peace for ourselves. So as parents, it is critical to have personal peace in order to maintain a sustainable pace.

The main emphasis of this month's application is that we can choose to let go of something (an argument, a grudge, an insistence) in order to maintain a relationship. There are certainly times when you can't "let it go" and need to hold your ground, but there are other times when you can, for the sake of the relationship, step away from the argument. Talking about this with your kids can help them know when to walk away, and when to stand their ground. Clarifying your family's values and helping them define their values will enable them to know when to engage, and when to walk away in order to maintain a friendship, get along better with a sibling, and show respect to older adults.

Questions for parents to consider:

- How do you find peaceful solutions in your relationships?
- How does your child see you seeking peace?

Questions to ask your child:

- When is it easy to walk away from an argument?
- When do you have trouble letting things go?
- How do you know when something is important to stand up for?
- As a parent, what can I do to help you learn how to "fight fair" and engage in conflict in a healthy way?

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PEACE:

Proving you care more about each other than winning an argument

MARCH
2024

WEEK ONE:

What is peace?

Here's the thing: peace is countercultural. It goes against everything we see on TV, read on Twitter, and hear on the news. Finding ways to have peace with people who disagree with us on a large scale, or to "agree to disagree" starts with small actions in our own relationships.

WEEK TWO:

Ripples on a pond

This week, we'll spend a little time thinking through the broader impact of conflict and how to remember the potential large-scale consequences the next time we want to fight hard to win an argument. What seems important in the moment just might pale in comparison to the cleanup you'll have to engage in later.

COLLEGE AND CAREER FOCUS

WEEK THREE:

Peace is strength

Are you weak if you lose an argument? What if you back down from a fight? How do we tolerate not having the last word? How do we allow someone else's opinion? The truth is, we don't have to have the last word. It's never usually a good word anyway. We don't have to be right all the time. We don't have to make people believe what we believe. Not everything has to matter. Learning when to push for what is right and good, and when to let it go will allow for peace in our relationships now and in the future.

MENTAL HEALTH FOCUS

WEEK FOUR:

Peace after conflict

How can peace be a part of the equation when the relationship has been damaged? This week you will spend some time thinking about what happens when the argument is over, and making a plan for how to have peace with people who are not your favorites. It's not easy, but learning how to coexist and mend fences when necessary can save you from a lot of additional conflict down the road.

ANTI-BULLYING FOCUS