

# NEWSLETTER

re:co  
re:connect

## parenting with **PATIENCE**

APRIL  
2024

Practicing patience is no fun. Waiting in line, waiting for results, waiting for dinner to be ready all can be reasons for impatience, anxiety, and frustration. However, the truth of the matter is that waiting until later is a fact of life. As adults, we know that. But we also know that we have schedules to keep and places to be, and that can shape our behaviors. And our teens are watching. When we demonstrate impatience with others, with ourselves, and with them, one of the things that they see is how we value ourselves and our time over (or less than) the time of others. In other words, our impatience can be seen as how we value others.

**Helping your kids see the value in what they are waiting for and laying out what might happen while they wait can help them make choices that will set them up for success. For example, not turning in homework on time will jeopardize letters of recommendation, missing an early curfew loses the trust needed to set later times, and so on. Having tough conversations about what they do while they are waiting won't make the time go by faster, but it might help your family set goals or priorities while you wait.**

### Questions for parents to consider:

- How do you find patience when your nerves are wearing thin?
- Patience can be a more “internal” value. How can you call attention to patience when you see it or practice it?

### Questions to ask your child:

- When is it easy to be patient?
- When do you have trouble showing patience?
- What are you waiting for that you are excited about?
- What things can we commit to doing while we wait for those big moments? How can our family help you?

# NEWSLETTER

re:co  
re:connect

## PATIENCE:

Waiting until later for what you want now

APRIL  
2024

### **WEEK ONE:**

#### ***What is patience?***

Does life require patience all of the time? Maybe there are moments when you should have a sense of urgency, of pushing forward quickly, right? But how can you know the difference? This month, we'll dig deeper into patience and knowing when to wait, and when to push forward for what you want now. Being patient requires some wisdom and some self-control in order to make smart decisions and maximize your potential.

COLLEGE AND CAREER FOCUS

### **WEEK TWO:**

#### ***Eyes on the prize***

Knowing what you want is a big factor in having patience. Being able to articulate what it is you are waiting for, and why it is worth it makes the waiting so much easier. This week, you'll get the opportunity to think about and get specific about what you hope for your future, and why it will be worth it when you get there.

COLLEGE AND CAREER FOCUS

### **WEEK THREE:**

#### ***Patient friendships***

How can you be patient in relationships? How can you give the relationship time to build without jumping in so fast that things get weird (tell them all your secrets on day one)? Letting a friendship build over time will allow for trust to build, memories to be made, and relationships to deepen. In this patience, you will find what healthy relationships can look like.

### **WEEK FOUR:**

#### ***Now and later***

What if what I want now, conflicts with what I want later? For example, I know that I want to have money to spend on going out with friends, shopping for clothes, or seeing concerts. I also know that I want to sit on the couch and scroll through TikTok, which makes it hard to go to work to make money. Maybe patience is BOTH about waiting until later for what you want now, and also about doing the right thing now so you can have what you want later.