

NEWSLETTER

re:co
re:connect

parenting with COMMITMENT

MAY
2024

"Give me 5 minutes, and then I'll come talk to you."

"I'll return that call tomorrow."

"It's Friday, I'm tired. The last thing I want to do is go to that event tonight. I'm going to bail."

It's the end of the school year, and we've all about had it! So talking about commitment is coming at the perfect time. When we think of parenting with commitment, the first thing to remember is that if we want kids to keep their commitments, we have to keep ours. Especially at this time of year, this can be a tough thing to do. Using the application this month might help — making a plan and then working the plan is likely the best way to make sure you can get done what needs to happen.

Sometimes, you or your child will make a commitment that, for whatever reason, doesn't make sense to follow through on. Since being committed doesn't mean you stick with something that isn't healthy for you, there are times when quitting, pivoting, or simply changing your mind is the right thing. When quitting turns out to be the right decision, the next step is to help your child "quit right." This might mean a conversation between your kid and a coach, teacher, or director that is uncomfortable, but it is the best thing for preparing your child for a future of decision-making, agency, and self-care.

Questions for parents to consider:

- How do you demonstrate commitment?
- What are your "triggers" for not following through on a commitment? How might a plan help you overcome those?
- What can you commit to doing this month that your kids can watch you complete?

Questions to ask your child:

- When is it hard to stay committed?
- How can I help you follow through on commitments?
- What do we need to plan for as we head into summer that you want to stay committed to?
- What things can we commit to doing as a family? What plan can we put into action?

NEWSLETTER

re:co
re:connect

COMMITMENT:

Making a plan and putting it into practice

MAY
2024

WEEK ONE:

What is commitment?

Doing difficult things takes difficult work. And almost anything that will bring you meaning, purpose, confidence, and pride is going to be difficult. To get hard things done, you need a goal and a plan.

COLLEGE AND CAREER FOCUS

WEEK TWO:

Finishing strong

When we're talking about commitment, we have to address the biggest threat to putting a plan into practice: procrastination. One way to combat this common problem is through finding a buddy or an accountability partner to help you stay the course. This week, we will make a commitment to talk about both: procrastination and accountability.

COLLEGE AND CAREER FOCUS

WEEK THREE:

Keeping your word

Once you have made a commitment, it is important that you follow through. What does follow-through look like, and how will you know when you have met your commitment?

WEEK FOUR:

Avoiding obstacles

The obstacles to your success might be small, like the voice in your head that distracts you from what you need to do, or big, like your family moving out of state. In any case, you'll get some time this week to think about what those might be, and put a plan in place to be ready to face them, if needed.