

The Big 3 AUGUST 2025



SAY IT:

Be a good friend. Do the right thing. Always try your best.

KNOW IT:

FAMILY DISCUSSION TIME

- What does it mean to be a good friend?
- Who are some family friends that are good to you?
- Describe a time when you did the right thing, but it was hard to do.
- What does it look like when you are trying your best?

SEE IT:

Let your preschooler teach you the hand motions for the Big 3, and practice saying the bottom line together while doing the motions. When you say “Be a good friend,” give yourself a big hug. For “Do the right thing,” show two thumbs up. Finally, when you say “Always try your best”, flex your muscles like a superhero. Turn it into a fun family game by mixing up the order. Can everyone remember the correct hand motions for each part of the bottom line?

BE IT:

As a family, create a Big 3 photo collage. Go through old magazines or find pictures on the internet. Find pictures of people being good friends, doing the right thing, or trying their best. Talk about what these qualities look like. How can you tell when someone is being a good friend or trying their best? How do you know if someone is doing the right thing? Place the collage somewhere in the house where the family can see it daily and make it part of your family dinner conversations.

PHASE

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What is a Phase?

We've all said it: "It's just a phase." Meaning that your child will get through whatever irritating moment in time he or she happens to be in right now.

But what if we flip that? What if instead of eagerly awaiting the moment when your child will grow out of it, we embraced each Phase as a moment of time that we will never have again?

What if a Phase became: A time frame in a kid's life when you can leverage that moment to influence their future?

If you're a planner, you may be concentrating on the future – a phase your child will be in sometime in the future.

If you are nostalgic, you may be focused on what your child used to be like.

But instead, let's focus on how we can use this year, these next 10 months, to influence our kids for the best possible outcome.

So don't miss it. **It's just a phase!**