

NEWSLETTER

re:co
re:connect

parenting with
JOY

DECEMBER
2025

It might be true that in your house there are long stretches when you don't think of your teenager and the word "joy" in the same sentence! However, this month is a great opportunity to find even little moments of joy in a busy month.

These moments might come to your child when they are not with you - when they are at a practice or rehearsal, when they are filming a TikTok with friends, when they are at work doing a job they enjoy. Even if you can't be with them to experience the joy firsthand, this is a great opportunity to have conversations about what brings them joy, where they find happiness, and what you can do as a parent to help them experience joy more often.

Questions to consider:

- When do you feel joy?
- What do you tend to do when things don't go your way?
- How can you set a reminder for yourself to look for joy, even when it seems like things are not going your way?

Questions to ask your student:

- Who do you know that is joyful? How can you tell? What do you think brings them joy?
- How can you find more joy in the things you do? How can I help?
- What brings you joy or happiness? Why do you think that is?

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JOY:

Finding a way to be happy even when things don't go your way

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WEEK ONE:

Every day, we are faced with problems. These might be small annoyances that drive you nuts, or they might be complicated situations with no clear resolution. So this month, we'll spend a little time thinking about what happens when things don't go our way. How do you recover, and where do you find moments of gratitude or happiness?

WEEK TWO:

Even though this month is about looking inward to find happiness, it bears asking: how do you bring others joy? What can you do to make someone's day? How do you give gifts, share compliments, or listen intently in a way that brings joy, happiness, or comfort to a person you care about this month?

WEEK THREE:

You know what? It's okay not to be okay. It's okay to feel sad or down or lonely. And it's okay to ask for help and be reminded that you are not alone. This month, the expectation is for everyone to clearly display joy, but sometimes that's tougher than others. And whether you bring excitement to this month or you find yourself grieving, this week we will talk about how to find glimmers of happiness throughout the month and your winter break.