

# Social Work Matters



Fostering the connection between home, community, and school.

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## HABIT 3 : PUT FIRST THINGS FIRST

by Michele Hadary, MSW

Dear families,

It is time to review Habit 3: Put First Things First.

This habit helps us to organize and prioritize what we need to do first. As adults, many of us do chores, before we get a chance to play with our kids or get a chance to do a fun activity ourselves. With our school aged children, they may be required to do homework or clean their rooms before playing games or with their friends. This habit helps everyone to prioritize what needs to be done first. Then we can play.

Try out the activity below to practice Habit 3 at home!

-SCM Social Work Team



# Pause...Think... and Choose

An easy activity to do with your children to teach this habit is giving them a task which includes some things like: Brushing Your teeth before a bedtime story, or doing your chore before game time on the tablet, cleaning up after dinner before watching a movie with the family.

All of these activities show responsibility first, play later.



## *Holiday Fun Facts*

- According to the American Christmas Tree Association, 77 percent of American households that is more than 95 million homes, displayed a Christmas tree in 2019
- Holly and Coca-Cola made green & red the colors of Christmas. While the tradition of red and green holly dates back to Roman winter solstice celebrations, the Coca-Cola company also played a role. The soda makers popularized the plump and jolly red-suit-wearing Santa in an ad in 1931
- Santa's sleigh would have to go about six million miles per hour to deliver presents to all the children in the world. Exeter University, determined that Santa would travel so fast that his reindeer would break the speed of sound.

## Resources

Please contact your school's social worker if you are interested in receiving weekend food packs, clothing, and/or school supplies. Your school social worker is able to provide referrals to a community resources if a need arises.

