

# Teach These Children

## Fivefold enrichment



### Structure or None?

No matter how much children would love to eat candy for breakfast and stay up all night, the truth is that children naturally crave order and boundaries. A child feels safe and protected when there is order in the home. Most of the time a regular schedule is more beneficial to children than letting them do what they want.... No matter how convincing they may seem. But just sometimes, the best memories are made when parents throw caution to the wind and surprise their children with the unexpected.

### Activity

Today, think about something you can do with your family that they just wouldn't expect you to do. It doesn't need to be big and grand, it just needs to be something that breaks the norm, preferably something that reminds your child that you love them. For example, just tonight as I was kissing my son goodnight I said, "oh I wish I had more time to spend with you tonight... I wish we could just make some popcorn and watch a movie even though it's a Wednesday night and you need to get to bed." Wide eyed he responded, "Mommy, I wish we could do that- can we?" When I said we could he was so excited. When he asks why, I simply replied, "because I love you."

### TIPS

If this is done too much you lose the structure that a child needs to feel safe. If you never do the unexpected, children can feel that they are just part of the plan. Don't miss an opportunity to do the unexpected and to give them the love they need to feel emotionally supported.



### Child's belief about self...

I am grounded

### Family supports development of...

Wellness

### Focus area:

Social, emotional & spiritual development.

### GOAL

Do the unexpected and so that your child feel emotional connection.

### LEVEL

1