

HOW TO GET THROUGH A BAD DAY WITH YOUR CHILD, PANDEMIC EDITION

Welcome!

BROUGHT TO YOU BY SUNDANCE EDUCATIONAL CONSULTING



Happiness Custom Made

DR. MARTHA CARMODY, CLINICAL PSYCHOLOGIST

HappinessCustomMade@gmail.com



**The most important work you
and I will ever do will be within
the walls of our own homes**

- Harold B. Lee

LET'S BEGIN AT THE BEGINNING!



What makes for a good morning?

- 1) Music
- 2) Breakfast
- 3) Make your bed
- 4) Set up the schedule
- 5) Write a thank-you note



The Pasta Jar

How to help kids share, care,
and get along with each other



FAMILY DINNER



The family dinner improves:

- Language skills
- Manners
- Self esteem
- Sense of security



Everybody's a teacher if you listen. -Doris Roberts

DINNER TIME CONVERSATION STARTERS

1. If you could invite anyone in the world over for dinner, who would it be and why?
2. Would you like to be famous? In what way?
3. Name a quality about yourself that makes you special OR an action you performed that made you feel proud.
4. Imagine yourself 6 months or one year or 5 years from now. What will your life be like?
5. What do you feel most grateful for in your life right now?
6. What kind of adventure would you like to go on? Why?
7. What is one of your favorite memories? What makes it so special?



Every good day starts 8 hours before dawn...





Pandemic Question:

What lessons do you want your children to take from the experience of the pandemic?

Thank you for coming!



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In a time of destruction, create something: a poem, a parade, a community, a school, a vow, a moral principle; one peaceful moment.

- Maxine Hong Kingston