



## Family Fun: Remembering The Good Times

# Remembering The Good Times

Every parent has bad days when they feel like everyone is a better parent than they are.

- The kids won't stop fighting.
- Your 6-year-old says, "I hate you."
- No one will come to the dinner table.
- Your teenager's new friends give you the shivers.
- Your father says you need to have more strict discipline.
- Everyone seems to have an opinion about how you could be a better parent. On days like this you need to remember the good times.

### **Make a list of favorite parenting memories:**

Write down several times when you felt like a good parent, when someone complimented you on your parenting, when your child's smiling face said you were the most-loved parent in the world. These can be very simple:

*One mother wrote about the time she heard her 9-year-old daughter tell her friend: "Let's ask my mom what to do at our party, she makes everything fun!"*

*One father wrote about how his 6-year-old son missed him so much when he was working out of town, his son would fall asleep hugging one of his dad's t-shirts.*

Add new things to your list every month! Discuss it with a friend!

### **Gather memories in a special place:**

Pick a place where you can keep your List of Favorite Parenting Memories. Make a scrapbook. Or make a special box. Start to gather pictures, mementos, notes, letters, special event tickets. Anything that when you look at it or read it makes you feel like a good parent.

*One mother had a picture of taking all her son's friends sledding. Another mother kept a Mother's Day Card from her 3-year-old – covered with peanut butter and jelly prints!*



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*A father kept a card his wife sent him on father's day that listed all his wonderful qualities as a father.*

*Another father kept the first barrettes he ever bought for his daughter to remind him that he learned how to fix his little girl's hair.*

You can put anything in your box or scrapbook that reminds you of what a wonderful parent you can be. How can you make a special place for your favorite parenting memories? What items would you collect and put in the box? Discuss your ideas with a friend.

For more tips, or if you need more information or would like to talk to someone:

**In Washington State:** Call the Family Help Line at 1-800-932-HOPE

**Outside of Washington State:** contact your local Circle of Parents agency at

[www.circleofparents.org](http://www.circleofparents.org)