

"Raising Well Balanced Children:

H.O.W: Hearfelt, Optimum Ways

Recipe: Empathy

1. Understand
2. Be heartfelt
3. Acknowledge

Recipe: Optimism:

1. Celebrate mistakes
2. Glass half-full vs. half-empty
3. Look for the gift

Recipe: Flexibility:

1. Go with the flow
2. Keep things simple
3. Self-Care

Recipe: A Good Sense of Humor:

1. Have fun
2. Keep it light
3. Don't take yourself too seriously

Recipe: Capacity to Function as a Team Player

1. Discover each family members strength
2. Gratitude Feast
3. Mind Trust

Recipe: Ability to Respond to Setbacks:

1. Allow children to have their feelings
2. Natural Consequences
3. Self-Reliance

Susie Walton: Author, Speaker, Family Coach
susie@indigovillage.com 619.204.5050 www.indigovillage.com
What comes from the heart goes to the heart ~ Samuel Coleridge