

CONVERSATION  
WITH THE  
COUNSELORS

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1ST WEDNESDAY OF  
EACH MONTH

7:00AM-7:30AM

IN THE CARLINE

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MEET AND GREET  
WITH THE COUNSEL-  
ORS AS YOU DROP  
OFF YOUR CHILD FOR  
SCHOOL

KEY OF  
EXCELLENCE  
FOR DECEMBER:

KEEP YOUR LIFE  
IN BALANCE

IMPORTANT  
UPCOMING DATES

Block Schedule	12/10 & 12/11
Block Schedule	12/15-12/18
Early Release	12/19
School Holidays	12/22-1/05
Block Schedule	1/14 & 1/15

## Rebuilding Family Fun

Several years ago two researchers, N. Stinnett and J. Defrain, did a very impressive study with over 3,000 families. The researchers wanted to find out what qualities were present in strong families. The most common qualities, as noted by the respondents were:

**-Commitment:** Family members were committed to do everything possible to keep the family together, to “make it work.”

**-Appreciation:** Family members show apprecia-

tion for each other.

**-Communication:** Family members find time for quality communication.

**-Time together:** The family regularly schedules quality time together.

**-Ability to cope with stress and crisis:** Adversities made the family stronger.

**-Spiritual Wellness:** For many families, this was the unifying force.

Their study found that “time together” was a very important part of a suc-

cessful family. Families do not only need time together, but the time needs to be a fun, happy experience for all members. Even at today’s hectic pace, parents, with some creativity, can rebuild family fun. Families that play, laugh, and hug a lot, survive!



## Ideas to put the “Fun” back in “Family”

1. Parents must see happy parents. It is very important that children see mom and dad laugh, hug, giggle, tease, and touch often. Their behavior sets the tone in the house.
2. Parents must love every child unconditionally. Hugs and “I

love you,” must happen daily.

3. All family members must feel comfortable to act silly at times, tell jokes, and play an occasional harmless prank.
4. Families can do volunteer work together.

For instance, the whole family can go to the food bank on a regular basis to stock shelves and pass out food to the needy.

5. Research finds that families that attend weekly worship services tend to be a happier, close-knit group.



## Guidance & Counseling

*Embrace each child for their unique qualities.*

*Encourage learning through experience.*

*To Empower for excellence in every area of life.*

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*M.C. Jacobson asked 1,500 school children, "What do you think makes a happy family?" The children seldom mentioned money, toys, beautiful homes, or modern appliances. Their most frequent response was that a family is happy because "they do things together."*

*-from the book, A Parents Blueprint, Tom Carr*

### Recommended Resources

-201 Amazing Mind Bogglers

-The Little Hands Playtime Book



<http://www.wallerisd.net/schultz/sms/Guidance%20and%20Counseling.htm>

## Family Fun Ideas (continued)

6. Parents can write positive letters to children. The letters can be mailed or hidden in the children's backpacks or lunch bags.
7. Create a family journal. Every day write a few family news items in the journals.
8. Take many photos and put them in a book or hang on the wall.
9. Have a pet or two. Dogs, cats and other creatures add much fun and many laughs.
10. Eat several meals a week together. This gives all members time to talk. Parents should not always dominate the conversation. Also, get a bit silly and creative with menu items. How about green eggs and ham to celebrate Dr. Seuss' birthday?
11. Create several family rituals and stick with them. Rituals can act as glue in many families and children seldom forget. Examples could include, children allowed to open one present on Christmas Even, mom always cooking cherry pie on Washington's birthday, or dad cooking dinner on Mother's Day.
12. Regulate the amount of time children sit at the computer or play video games.
13. Watch funny movies and cartoons together.
14. Get children outdoors to enjoy nature. Hiking, bike riding, bird watching, and fishing are fun family activities.
15. Plant a garden together. Let each member be responsible for certain vegetables. Have a contest to see who can grow the biggest, smallest, or funniest shaped vegetables.
16. Pan regular "table games" nights where you play cards, Monopoly, Scrabble, Uno, Clue and other "non-technology" games.
17. Always be there. Whenever a child is playing a ball game, performing at a dance recital or singing in church, make sure the rest of the family attends.