



Parent Events 2011-2012

A Recipe for Success in the Early Childhood Years



INGREDIENTS:

- a heaping handful of Family Dinners
- a sprinkle of Loving Discipline
- 1 gallon of Laughter
- 1 tsp of Goals and Planning
- 2 cups of Smart Shopping
- 1 Tbsp of Cleaning Green as a Team
- 1 cup of Sleep
- a pinch of Me Time

STEPS:

1. **September 12** Nell Bush PhD—Assemble the ingredients for your “Recipe for Success in the Early Childhood Years.” Get out your biggest mixing bowl.
2. **October 17** Teresa Thomas—Plan and pull off family dinners with tried and true recipes. Add the heaping handful of Family Dinners.
3. **November 14** Jody Capeheart—Discipline your child according to their individual personality. Sprinkle in the Loving Discipline to taste.
4. **December 12** Anne Marumahoko—Dump in the Laughter. Take in some gut-bustin’ entertainment. Mix well.
5. **January 9** Lynley Baker Phillips—Add Goals and Planning. Set reasonable goals as a stay-at-home parent and plan your day accordingly.
6. **February 13** Laura Thornquist—Slowly incorporate Smart Shopping. Learn how to get the deals and steals out there and spend your money wisely.
7. **March 19** Adrienne Freas—Saturate your mixture with Cleaning Green as a Team. Take a green approach to household cleaning and get the whole fam involved
8. **April 16** Karen Meyer—Train your kids to sleep using the gentle sleep approach and catch some zzz’s for yourself. Coat everything with Sleep.
9. **May 14** Annual Spa Day sponsored by the Coppell Wellness Center— Finally, add in Me Time. Take some time out for yourself with a massage, hand treatment, magazines & a little self reflection. **WARNING: DO NOT SKIP THIS STEP. THE RECIPE WILL LIKELY FLOP IF THIS INGREDIENT & STEP IS OMITTED.**