

The Happy Family— Healthy Brain Connection



Strengthening Families
Program by Dr. Karol Kumpfer



- **Stomp the ANTs (Automatic Negative Talk) and believe in your ability to create a strong, loving family**
- **Eat family dinner (or any meal) together 3–5 times a week**
- **Spend 10–15 minutes of one-on-one play time with each child**

FAMILY GOALS:

1. Stomp the ANTs and practice positive self-talk. Believe in your ability to create a strong, loving family using these lessons.
2. Eat family dinner (or any meal) together 3–5 times a week using a Conversation Jar.
3. Have 10–15 minutes of one-on-one time every day with each child using the “My Time” concept. Allow the child to choose the activity; praise as you play.
4. *Choose a set day and time for the coming weeks to watch all ten DVD lessons together and practice the skills you’ve learned using pretend situations. (For example, every Monday evening.)

FAMILY FUN:

Make a family Conversation Jar using the handout. While eating together, share what you like about each other or nice things you have done and discuss a topic from the jar.

***Day & time we will watch:**

POWER PHRASE:

“Bonding through daily one-on-one play called ‘My Time’ and having pleasant family dinners help build strong and loving family relationships.”