






# Foundations

## ◆ Family Newsletter ◆

THE NEWSLETTER FOR  
FAMILIES, STUDENTS  
AND SCHOOLS  
USING THE PREMIER™  
FOUNDATIONS AGENDA

### THE POWER OF SMALL CHANGES

Even the smallest of habits have consequences. What are the consequences of some of your child's habits? Help your child figure out the power of small changes.

-  Brainstorm a list of 3-5 habits with your child. Ask your child to think about the small things he or she does daily, like brushing teeth, or snacking on junk food. Help your child circle the habits that could be improved. Explain to your child that he or she needs to try to change these habits.
-  Encourage your child to change one bad habit at a time. Focusing on one bad habit at a time will help your child stay on track and not become overwhelmed.
-  Help your child change his or her habits by encouraging him or her to stick with it. Often, changing habits feels unnatural, so remind your child that changing bad habits takes time and is worth the extra effort.
-  Check to see if your child is following good habits, like listening carefully, writing homework in his or her planner, and asking questions in class. These habits all lead to success.
-  Pay attention to your child's interpersonal habits. For example, your child may not realize that crying when he or she doesn't get his or her way can affect relationships with the people around him or her.

### HABITS: Repeated actions.

Habits are the things your child does so frequently that he or she often doesn't think about them. Unfortunately, good habits don't happen overnight—in fact, it takes about thirty days to replace a bad habit with a good one. Bad habits can get your child into trouble in the long run. So, encourage your child to talk and think about his or her habits!

### The 7 Habits® Tip:

Encourage your child to fix an at-home habit, like keeping his or her room neater or getting up on time in the morning.