

8 FIGHTS WORTH PICKING WITH YOUR KIDS:

Parenting is hard, so you have to choose your battles. These are not easy, but are worth the gains you'll reap.

- **The Reading Fight:**
Make your kids read. Because reading is tied to everything from cognitive development to sharpened focus and attention.
- **The Outside Fight:**
Make your kids go outside. The sunshine, fresh air, and exercise help brain Development. It also brings intangible gifts of discovery, wonder, peace and joy.
- **The Work Fight:**
Chores are a must for a growing child/tween/teen. There are priceless life principles one can only learn with a mop in their hand. Let sweat be their teacher.
- **The Meal Fight:**
Set aside time to eat as a family. Our lives are a blur of incessant activity. Meals together are a physical pause to recover a truth so easily sacrificed at the altar of busyness. Nothing ranks more important than family.
- **The Boredom Fight:**
Make your kids live with boredom. Kids need unscheduled time. And, odd as it sounds, boredom is a skill. It's hard as a parent to deal with the assault of boredom complaints. If you give in and fill up their time with external stimuli, you'll raise an activity addict. Make them learn how to *be*.
- **The "Me First" Fight:**
Make your kids go last enough times to remember that the world doesn't revolve around them. Take the smallest piece. Give up the remote. Do someone else's chores. Get their least favorite choice. They won't like it, but they need it.
- **The Awkward Conversation Fight:**
Make your kids have uncomfortable conversations with you. Sex, dating, body image, values...Your kids will roll their eyes and resist. You will stumble and stutter. They need and want your perspective, lessons learned, and wisdom.
- **The Limitation Fight:**
Learning to live within limits is a valuable life skill. In fact, many adult problems arise from an inability to accept them. Screen time limits, dietary limits, activity limits, and schedule limits are all necessary.

