

September 2023

Happiness and Parenting Calendar

Greater Good Parenting offers this special-edition calendar to help parents and families find moments of compassion, gratitude, and resilience.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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1 Help your child make time to **explore their interests**.

2 Prioritize sleep to **help your child's well-being**.

3 Take a moment to **reflect on a meaningful memory**.

4 Express care to **build your bond with your child**.

5 **Look up at the sky**.

6 Help your child **grow compassion** by showing them love.

7 Share warmth to **help teens feel loved**.

8 **Nurture your sense of purpose** to thrive as a father.

9 **Help children understand their emotions** for positive sibling relationships.

10 Share your own experiences to **help your kids as they navigate romance**.

11 Help children **build friendships**.

12 Teach gratitude to **reduce cyberbullying**.

13 Consider **the importance of play** at all ages.

14 Problem-solve together to **help kids with social exclusion**.

15 **Support sensitivity in boys**.

16 Encourage your kids to **practice kindness and caring**.

17 Practice **deep rest for stress management**.

18 Build your social support network to **feel nourished as a mom**.

19 Help your child **take four deep breaths to calm down**.

20 Recognize, name, and **explore emotions with your child**.

21 Help your kids build skills to **reduce anxiety**.

22 Flood your body with feel-good hormones to **get a bad day back on track**.

23 Teach compassion practices to help teens **navigate climate anxiety**.

24 **Foster character strengths** to support learning this year.

25 **Have a conversation** with your child about gratitude.

26 Grow gratitude by helping your kid to **notice, think, feel, and do**.

27 Use these **seven strategies** to foster gratitude in children.

28 Read a book that **inspires generosity**.

29 **Model compassion** to nurture compassionate children.

30 **Make generosity** part of your family's everyday life.



On Sale Now

The **NEW** Greater Good Toolkit for Kids includes **28 science-based practices** for cultivating well-being in preschoolers, children, and teens.

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