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

September 2023
Happiness and Parenting Calendar

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.
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.
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.

GGSC Greater Good Science Center
ggsc.berkeley.edu
greatergood.berkeley.edu

Made in collaboration with Holstee