

Try It Today

Practical Parenting Checklists from
Building Good Kids by J A Epperson

Chapter: Scout Law 101 - What-s the Big Deal?

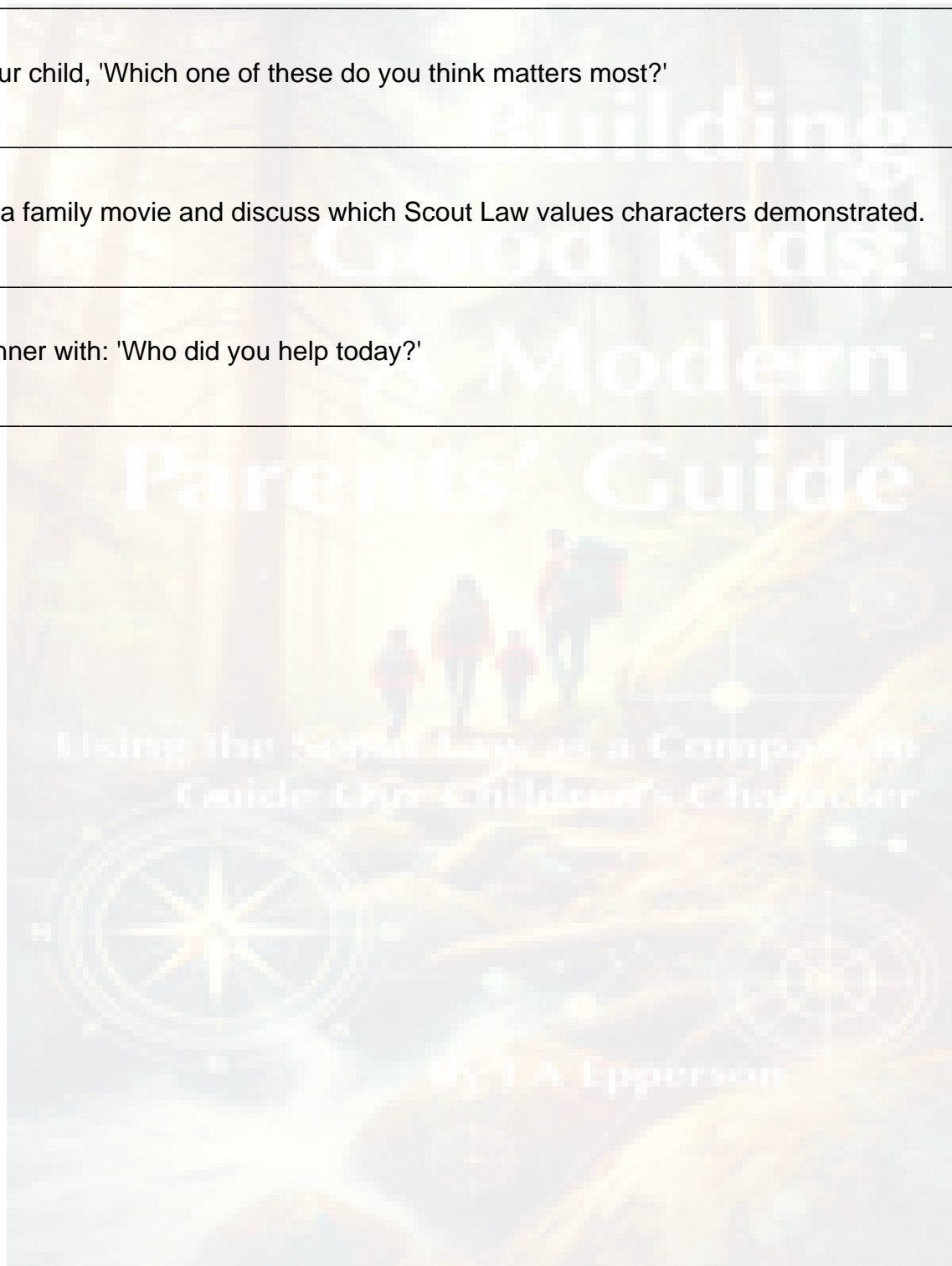
[] Make a family poster of the 12 points of the Scout Law.

[] Choose one value to focus on this week.

[] Ask your child, 'Which one of these do you think matters most?'

[] Watch a family movie and discuss which Scout Law values characters demonstrated.

[] End dinner with: 'Who did you help today?'



Chapter: Trustworthy - Building a Foundation of Honesty

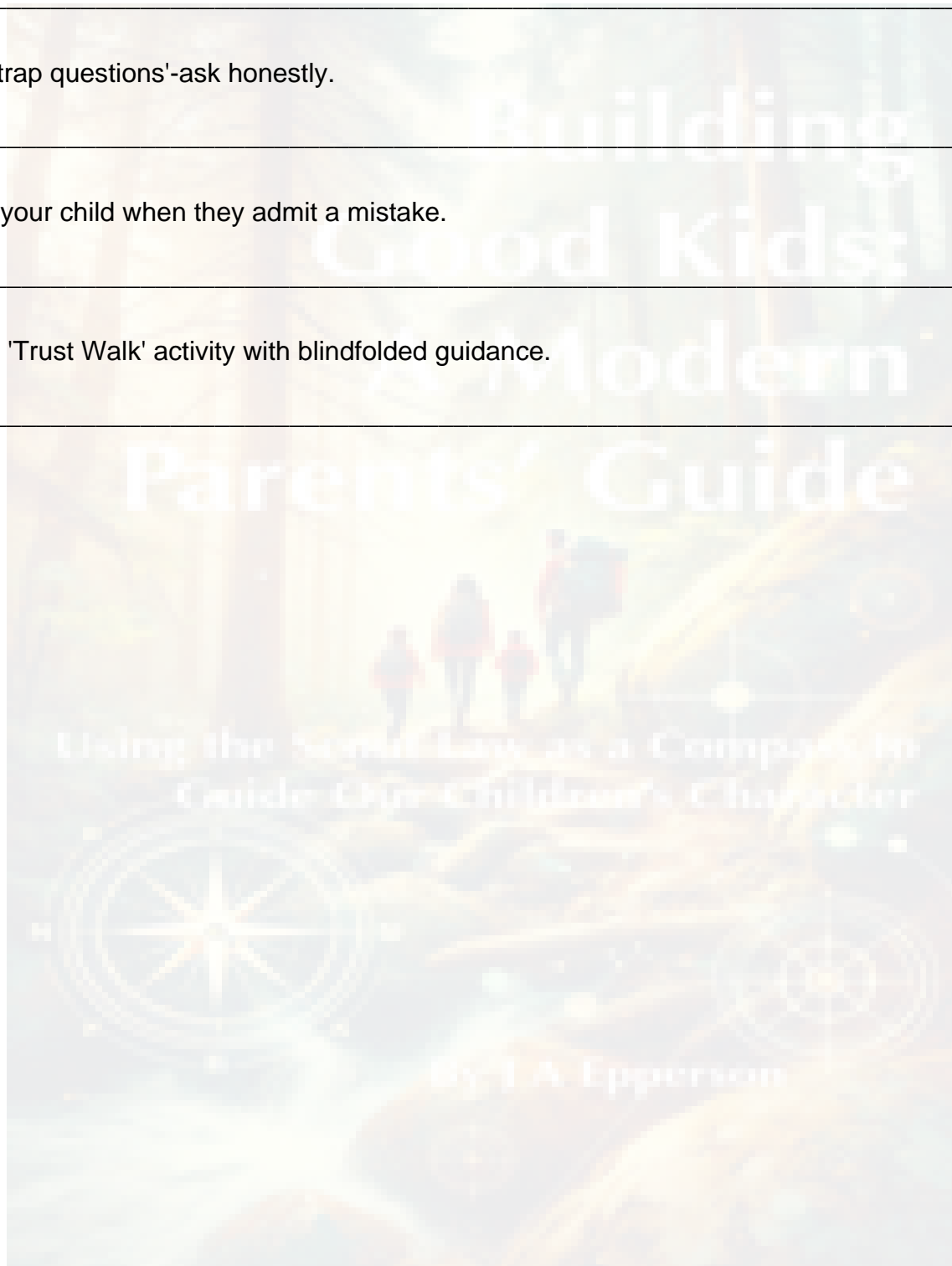
[] Create a 'truth jar' and drop a coin/treat in when someone tells a hard truth.

[] Share a time you told the truth even when it was tough.

[] Avoid 'trap questions'-ask honestly.

[] Praise your child when they admit a mistake.

[] Try the 'Trust Walk' activity with blindfolded guidance.



Chapter: Loyal - Sticking Together in a World of Ghosting

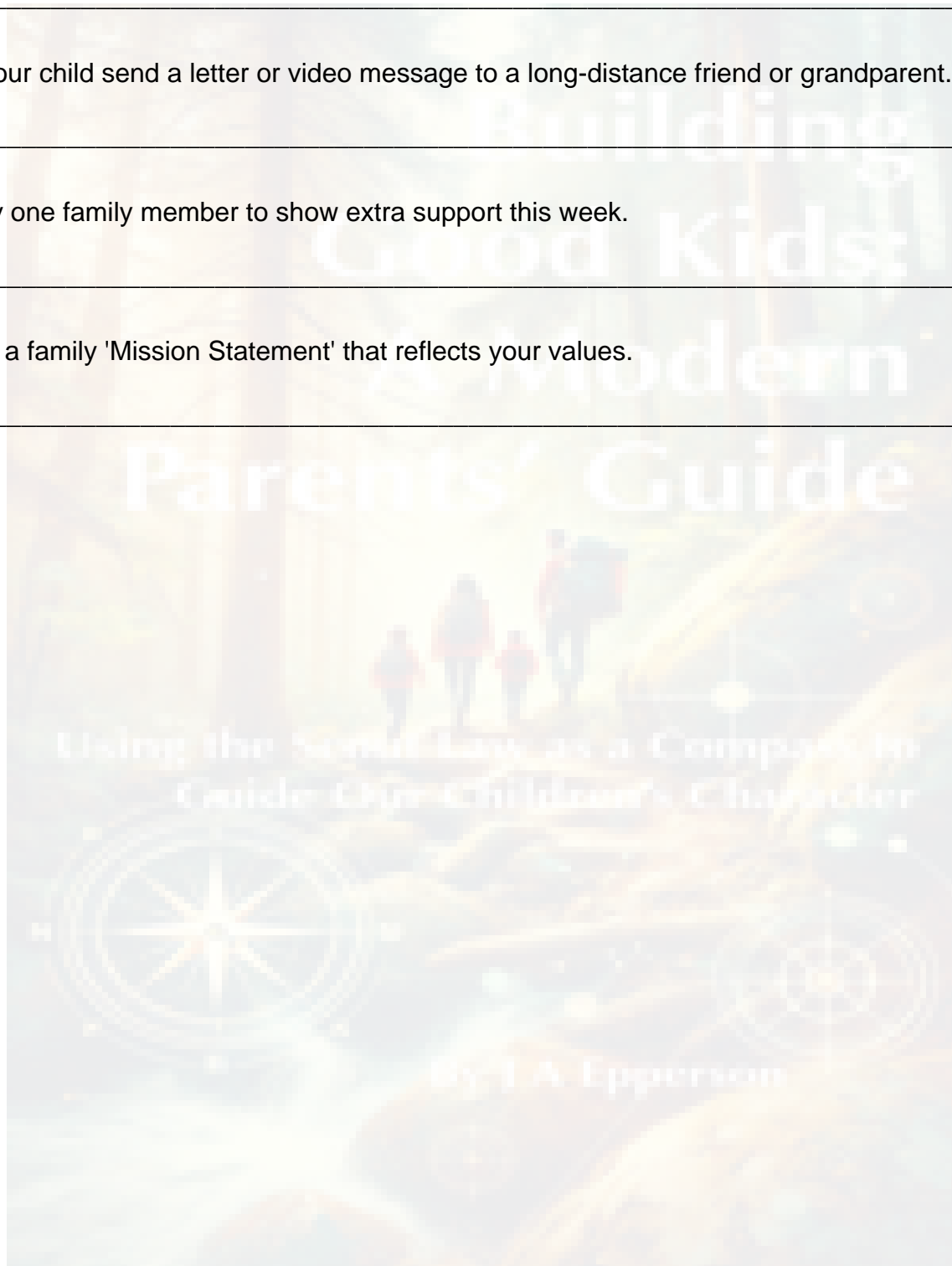
[] Tell a story about a time someone stayed loyal to you.

[] Discuss healthy boundaries in friendships.

[] Help your child send a letter or video message to a long-distance friend or grandparent.

[] Identify one family member to show extra support this week.

[] Create a family 'Mission Statement' that reflects your values.



Chapter: Helpful and Friendly - Raising Kids Who Care

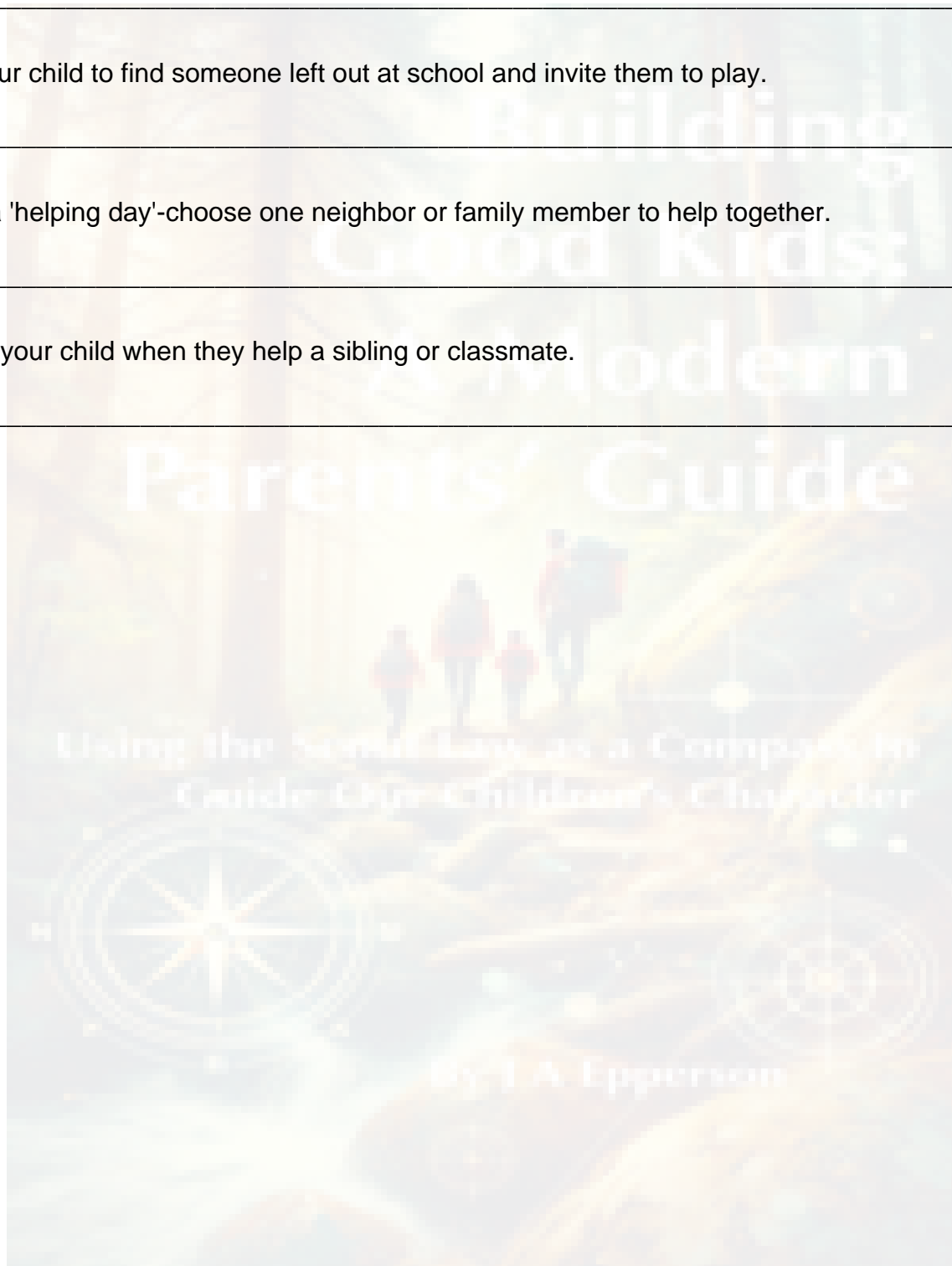
[] Start a 'Kindness Jar' to reward unexpected helpful or friendly actions.

[] Challenge your child to do one friendly act today without being asked.

[] Ask your child to find someone left out at school and invite them to play.

[] Have a 'helping day'-choose one neighbor or family member to help together.

[] Praise your child when they help a sibling or classmate.



Chapter: Courteous and Kind - Manners in the Digital Age

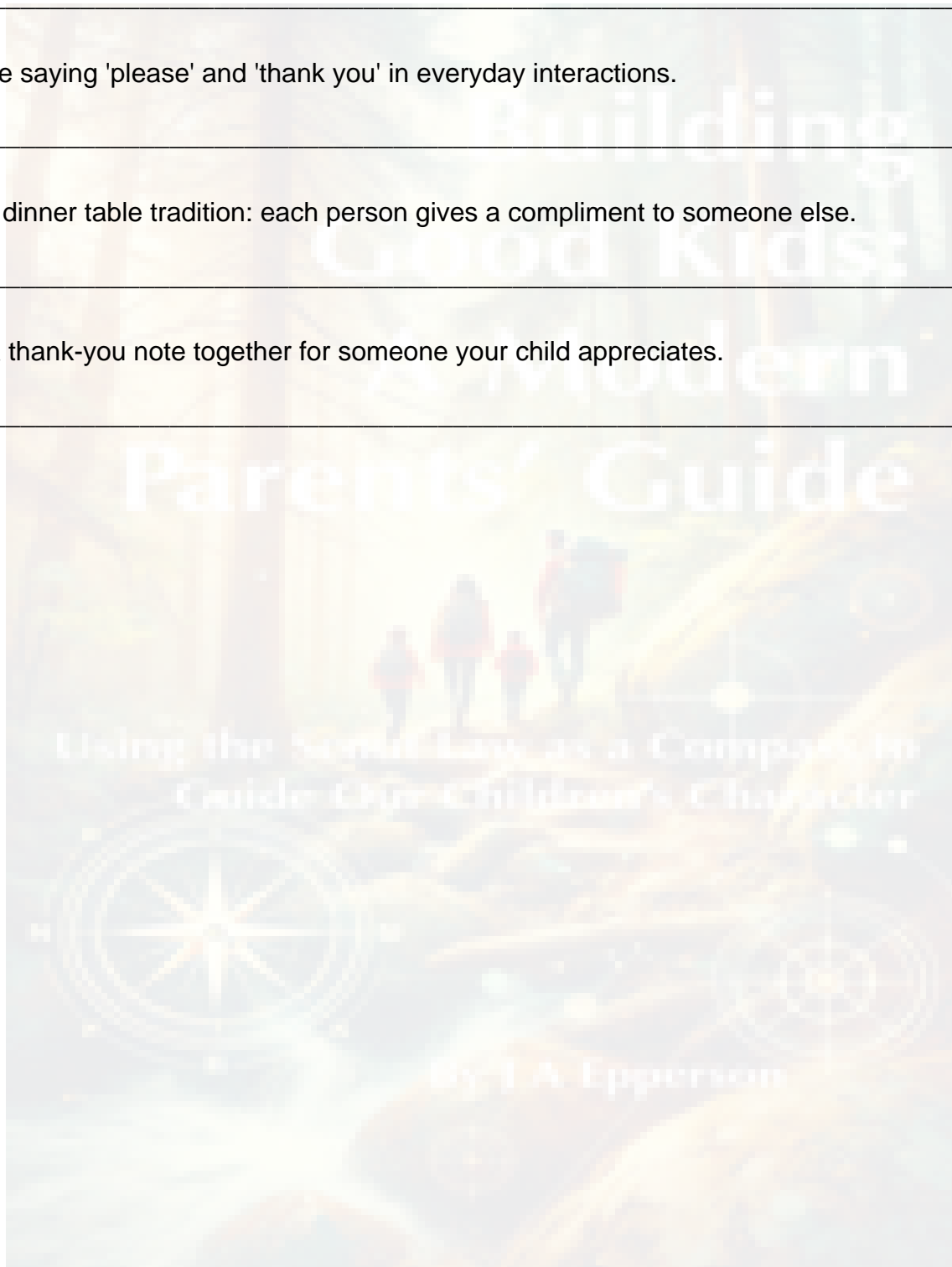
[] Have a conversation about online manners-commenting, tagging, tone.

[] Use the 'Is it true, kind, and necessary?' rule before speaking/posting.

[] Practice saying 'please' and 'thank you' in everyday interactions.

[] Start a dinner table tradition: each person gives a compliment to someone else.

[] Write a thank-you note together for someone your child appreciates.



Chapter: Obedient - Following Rules Without Being a Pushover

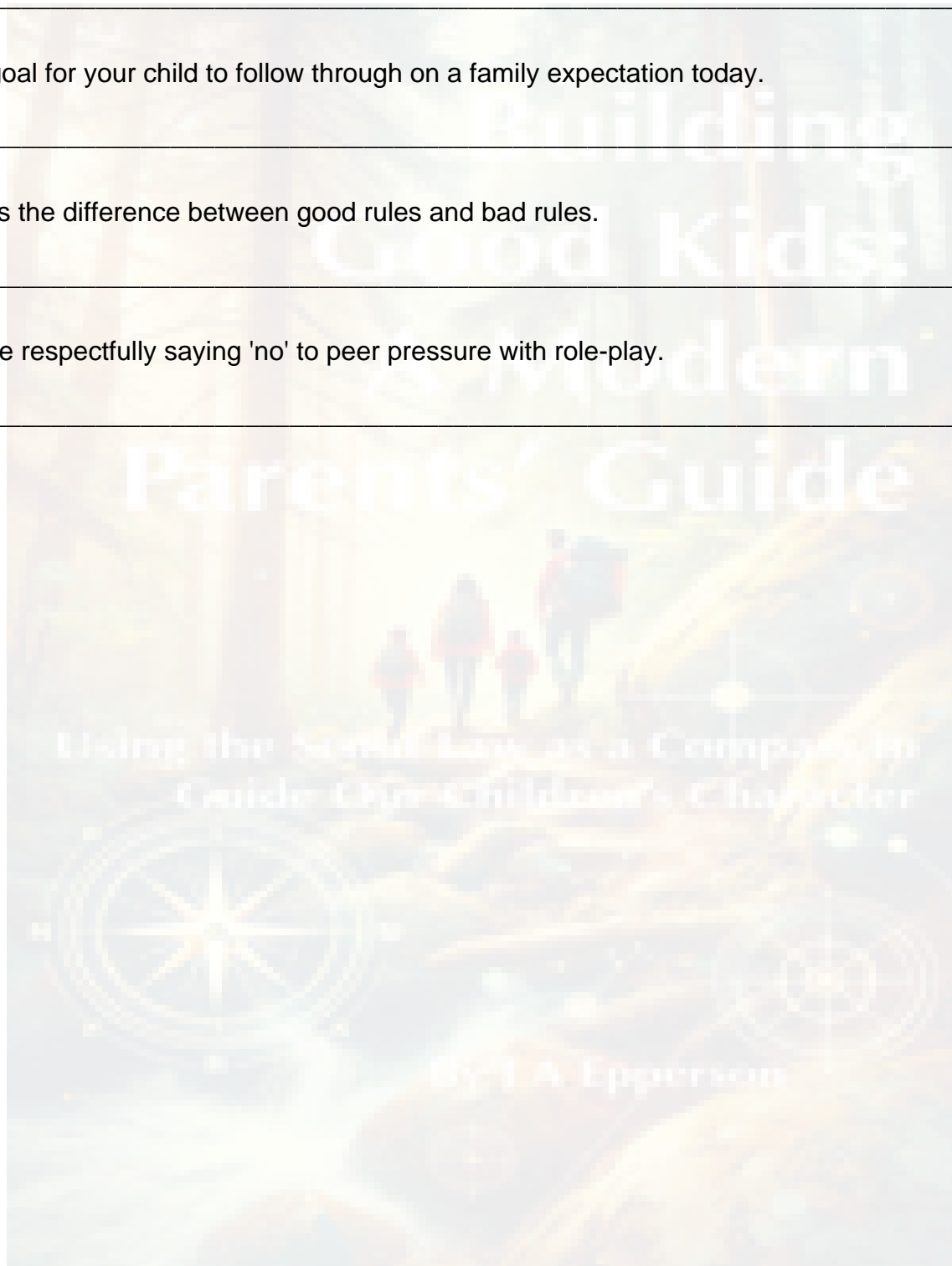
[] Choose one house rule and explain why it exists.

[] Let your child propose a rule to add or revise and discuss it together.

[] Set a goal for your child to follow through on a family expectation today.

[] Discuss the difference between good rules and bad rules.

[] Practice respectfully saying 'no' to peer pressure with role-play.



Chapter: Cheerful - Finding the Bright Side (Even When It-s Cloudy)

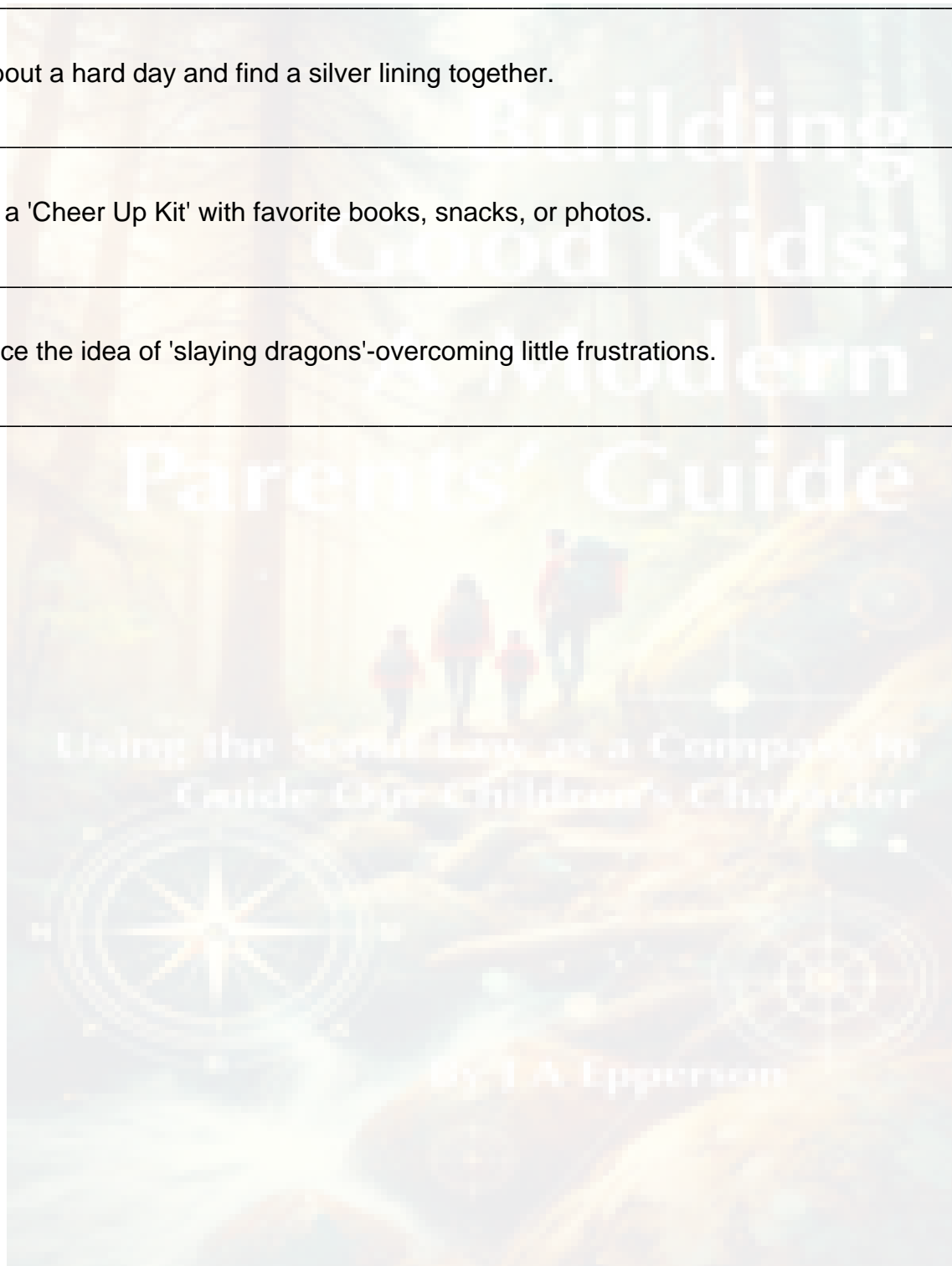
[] Start a 'Three Good Things' bedtime routine.

[] Make a family 'Gratitude Jar' and add one thing each day.

[] Talk about a hard day and find a silver lining together.

[] Create a 'Cheer Up Kit' with favorite books, snacks, or photos.

[] Introduce the idea of 'slaying dragons'-overcoming little frustrations.



Chapter: Thrifty - Raising Responsible Consumers in a Throwaway World

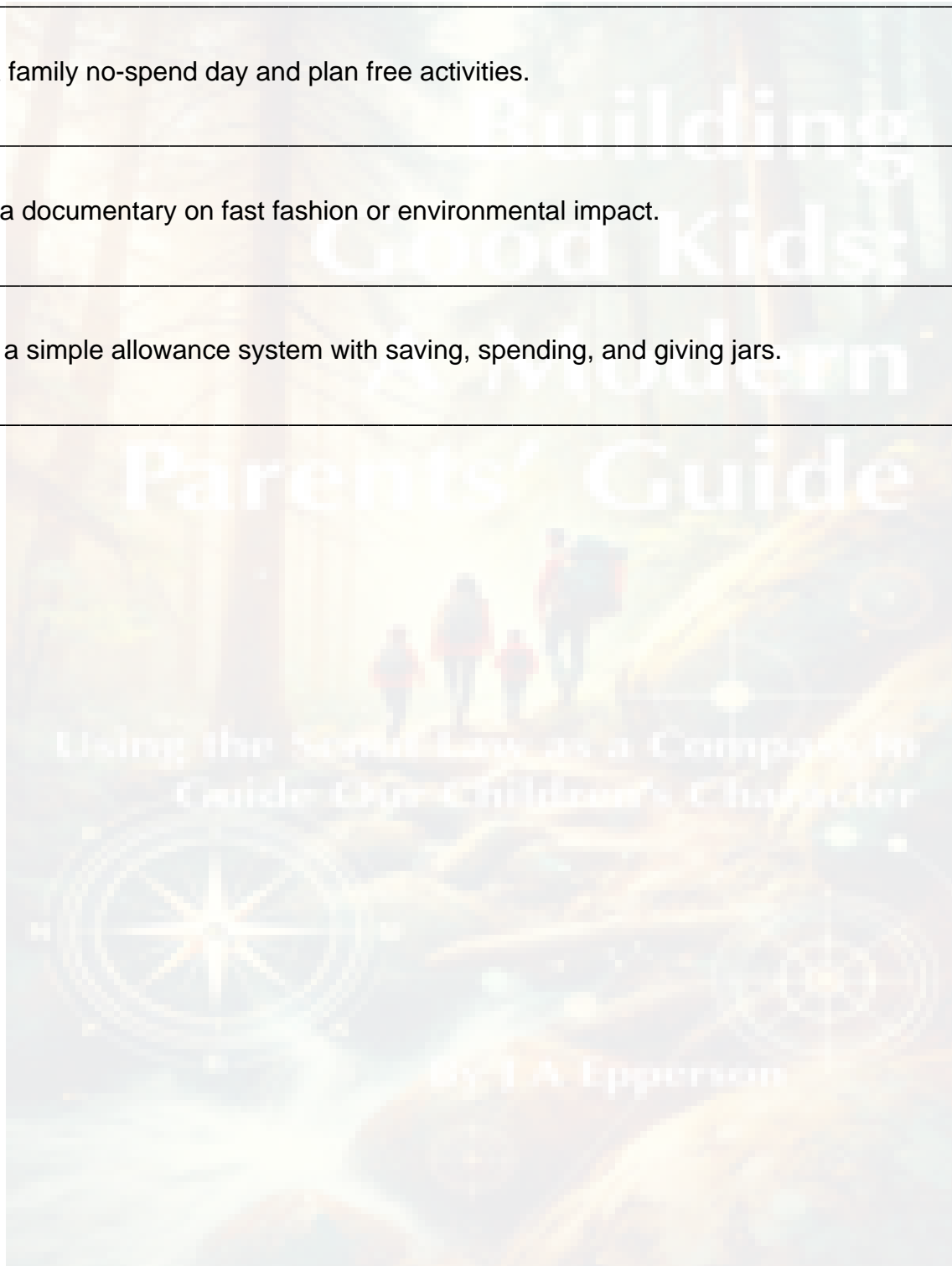
[] Take your child to a thrift store or help them sell something online.

[] Give a small budget for a treat and let them compare prices.

[] Have a family no-spend day and plan free activities.

[] Watch a documentary on fast fashion or environmental impact.

[] Create a simple allowance system with saving, spending, and giving jars.



Chapter: Brave - Courage in the Age of Cyberbullying

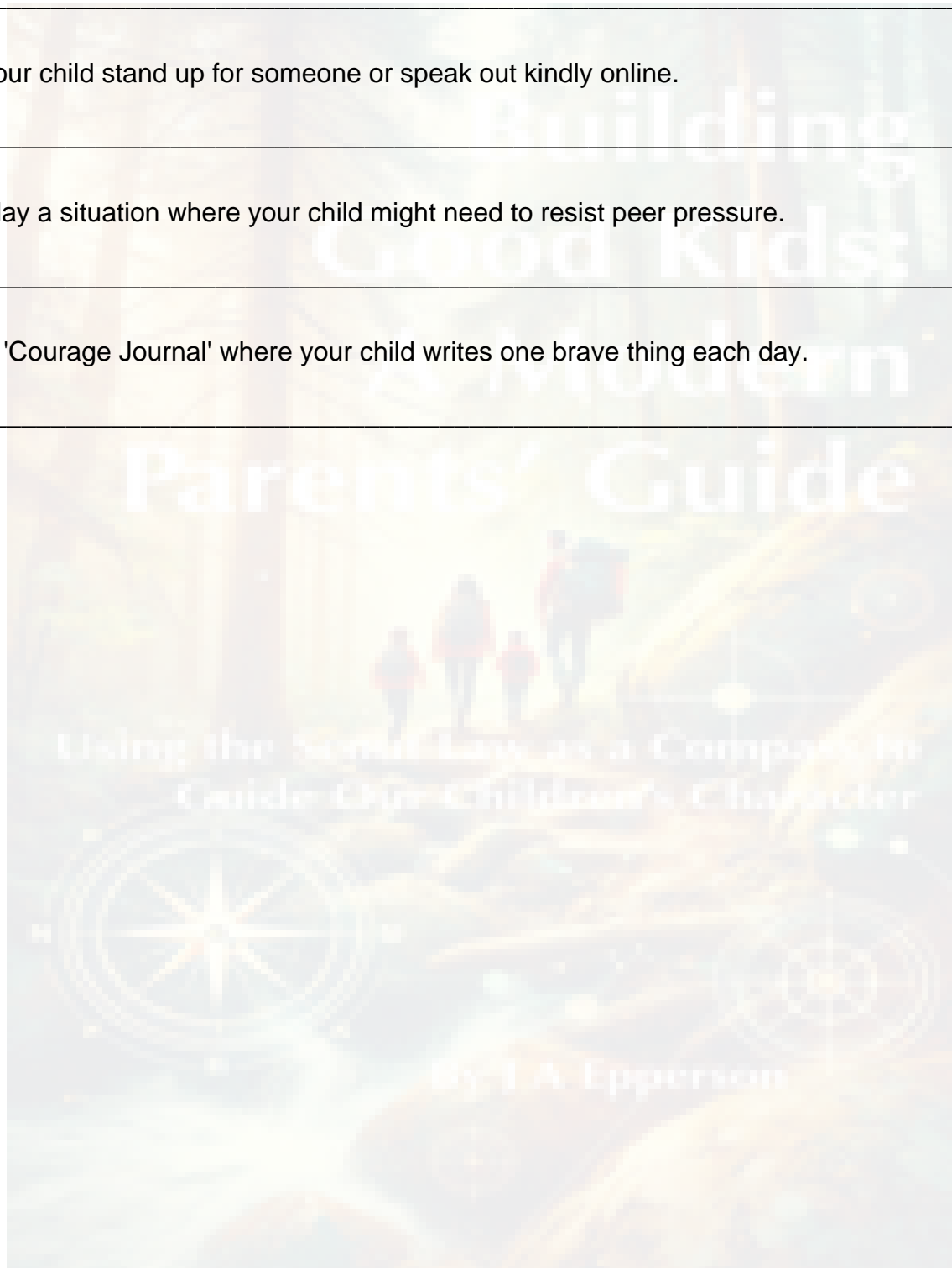
[] Talk about what courage means-not being fearless but doing what's right.

[] Share a time you were brave and how it felt.

[] Help your child stand up for someone or speak out kindly online.

[] Role-play a situation where your child might need to resist peer pressure.

[] Start a 'Courage Journal' where your child writes one brave thing each day.



Chapter: Clean - It's Not Just About Tidying Up

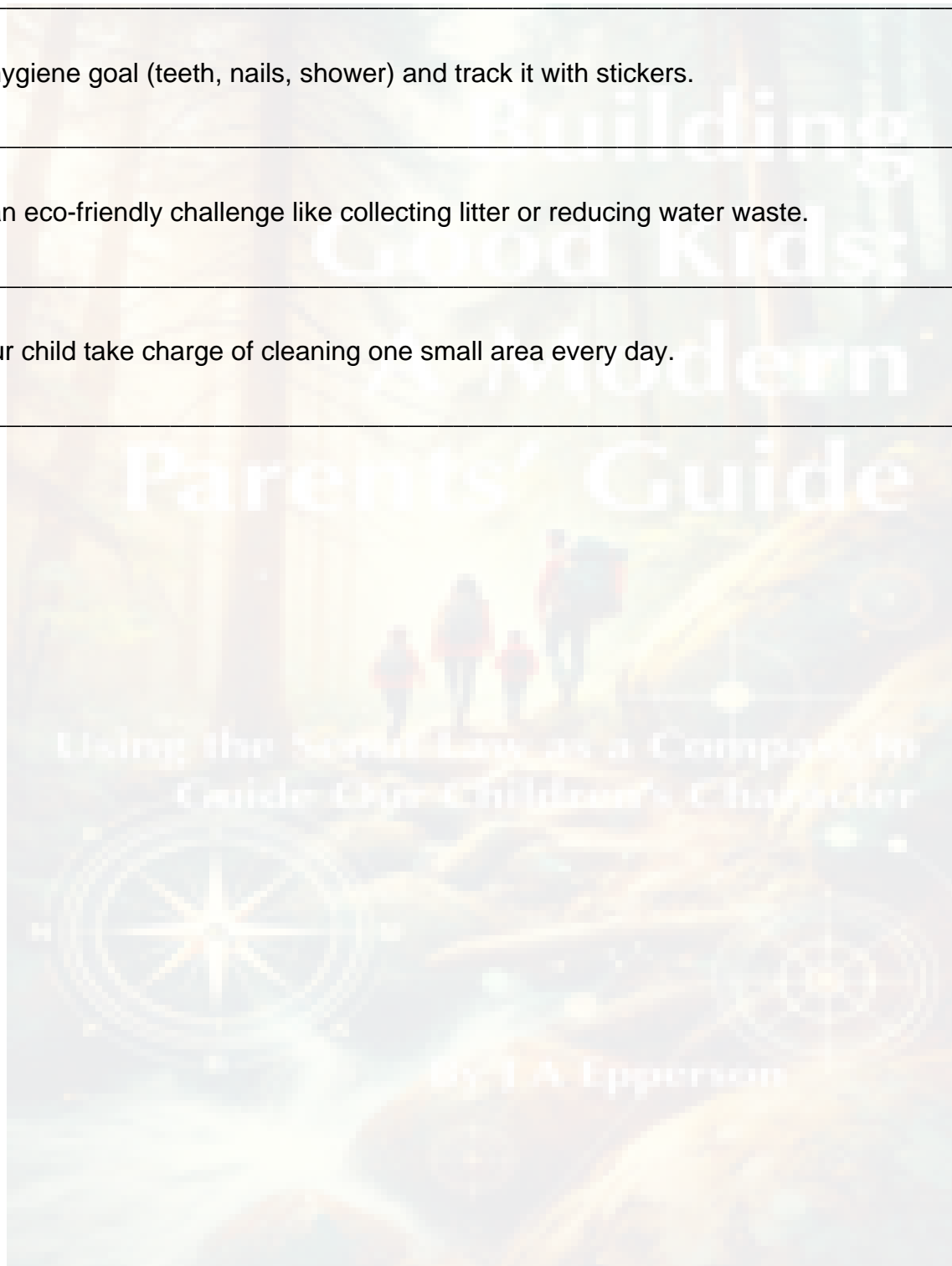
[] Start a five-minute tidy race with upbeat music.

[] Teach your child about digital cleanliness-file names, inboxes, etc.

[] Set a hygiene goal (teeth, nails, shower) and track it with stickers.

[] Have an eco-friendly challenge like collecting litter or reducing water waste.

[] Let your child take charge of cleaning one small area every day.



Chapter: Reverent - Respecting Beliefs in a Diverse World

[] Explore a new culture or tradition together-food, story, or music.

[] Talk about someone you admire who shows respect to all people.

[] Attend or learn about another religion or cultural celebration together.

[] Create a 'Respect Ripple' challenge: show one act of respect each day.

[] Model active listening when discussing differences in beliefs.

