

How do I use the charts and cards?

Firstly, we recommend using these charts gradually. Implementing all the changes the charts require at once will, lead to confusion. Choose one chart and focus on it, and once it becomes a habit, move on to the next.

1. A weekly dinner planning chart –

We suggest an open family discussion about what food to eat, that will balance health and taste.

Once you reach a decision on what the menu should be, just write in the chart what you intend to prepare for dinner during that week, this way you can plan your shopping ahead, and the kids won't argue endlessly about dinner (or at least they'll argue less...)

2. Water chart –

Designed to help you gauge how much water your children are drinking, so you can be sure they're hydrated. Your child will color in how much water he or she drank each day.

The chart is based on the 5-cup recommendation for children at age of 5-8.

3. Vegetable chart –

The chart will help keep your children enthusiastic about eating their veggies. Each day your children will color in the color of the veggies or fruit they ate.

4. Treat ticket –

These cards are meant to deal with the familiar situation of a child who is constantly begging for more and more sweets.

We recommend convening a family meeting to discuss how many treats are healthy and wise for the child to have. Then, give your child once a week or once a day the number of treat tickets agreed upon, and they can choose when to 'redeem' their ticket for a treat. It will teach them not to eat too many treats, but also the value of saving something for later and making tough choices.

5. Screen time ticket –

These cards are meant to moderate our children's 'screen time', be it in front of a TV or a smartphone.

This is a good opportunity to discuss conscious use of technology with our children, as well as online safety rules. Write down the number of minutes per screen session which you have deemed as acceptable, and give your children the cards, which they can redeem at their own discretion. Once again, this will teach them self-control and responsibility.

6. Daily activity chart –

We all love to check off things we've done. Sometimes a simple checklist can make a big difference. This chart is designed to give your child that feeling of satisfaction after completing a daily task. This will help both you and your child make it through the daily routines with a smile.

7. I can help with –

Research shows it's important to involve kids from an early age in the house chores, thus providing them with a sense of responsibility and accomplishment. In this chart you can decide together with your children which house chores are their responsibility. The chart can help them feel proud of what they do and of their contribution to the household.

We truly hope these charts bring joy and happiness to your home!

We'd love to hear your feedback!

Feel free to contact us here –

<https://10minutesofqualitytime.com/contact-us/>

or send us an email to –

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All the best,

JJ and Daniella

