

NEWSLETTER

re:co
re:connect

parenting with **FORGIVENESS**

MARCH
2023

Forgiveness is vulnerable. It involves sharing about hurt, experiencing hurt, and allowing space to potentially be hurt again. Learning and expressing boundaries can help, but it cannot completely eliminate the possibility of being emotionally hurt by another person or group of people. As parents, we can model what forgiveness is all the time. Our kids make mistakes or do small things with or around us that open the door for us to teach in individual moments what forgiveness is.

At the moment, you may first need to set consequences, depending on the action. However, when emotions settle, you can demonstrate forgiveness. This might look like not holding a grudge when your child screams at you, or by accepting their apology with a hug and a conversation about how the situation can go differently next time. On the other side of the coin, we can make sure to ask for forgiveness when we lash out when overstressed, don't pay attention when we are distracted by our phones, or make a mistake that results in them being late to soccer practice.

Questions for parents to consider:

- What does it mean to forgive someone?
- How does it feel when others forgive me?
- What about when I forgive them?

Questions to ask your child:

- What is one time you forgave someone?
- What should forgiveness look like in our family?
- What does it feel like to apologize?
- What does it feel like to be forgiven?

NEWSLETTER

re:co
re:connect

FORGIVENESS:

Deciding that someone who has wronged you doesn't have to pay

MARCH
2023

Week One:

It can be hard at any age to realize that forgiveness is not always about waiting to hear, "I'm sorry." There's an internal process of releasing negative feelings associated with a person or situation; and forgiveness is releasing the grudge.

Week Two:

This week we will tackle some common myths about forgiveness, like: the person gets away with it, that means I am okay with it, or they will never know how much it bothered me. We'll also chat about this gem: forgiveness is a weakness.

Week Three:

In some situations, forgiveness may include a conversation about boundaries. It may include confronting the person, but it doesn't have to. One thing is for sure: forgiveness doesn't mean letting something bad continue to happen to you. How do you balance safety and forgiveness to protect your physical, emotional, and mental health?

Week Four:

This week's challenge is all about self-forgiveness — how do we allow ourselves to mess up, and how do we move on and forgive ourselves after?