

My Wish for You

by KATHRYN HAHN



MOMMY-DAUGHTER ACTIVITIES

MAKE A DREAM BOARD (For ages 4 & up)

Let your daughter describe her hopes and aspirations (a future career, places to explore, skills to learn, etc.) These can be goals the two of you might complete together, or goals she has for herself. No dream is too big or too small. Together, print or cut out relevant pictures from websites or magazines and paste them onto a poster board.

APPRECIATE THE LITTLE THINGS (For ages 6 & up)

In a notebook or planner, write down one statement every day expressing one thing that made you and your daughter grateful that day. Have a separate notebook for yourself, and hold each other accountable to update it each day. If you miss a day, don't stress; try your best to remember what you missed, and if you can't recall, just keep moving forward! At the end of the 365 days, both of you can look back and smile at how important the little things truly are.

REACH FOR THE WORDS (For ages 6 & up)

Encourage your daughter to put her thoughts and feelings into words. Sit with her while she writes. They may be private diary entries in a journal, poems expressing how she's feeling, or personalized letters to people around her. Learning to communicate is crucial, but it's important for her to first learn to identify her own thoughts and realize what exactly she wants to convey. You might start it off by doing this yourself and then reading to her what you've written. For younger children who have not started writing yet, consider creating a journal together or have them draw pictures to express themselves.

GIVE BACK TO THE COMMUNITY (For ages 4 & up)

Allow your daughter the opportunity to contribute to a cause bigger than herself. Whether it's raising money with a bake sale or a lemonade stand, donating toys and clothes, or writing get-well cards for patients at your nearest hospital, there are always chances to show her the impact that even the smallest act of service may have. There's no age limit on practicing compassion.

LEARN A NEW SKILL (For ages 6 & up)

This is a fun opportunity for both of you. Ask yourself: What have neither of you ever done? Been hesitant to try? Or never had the time for? Maybe learn to play an instrument, start a garden, build a bookshelf, or paint a room. Your daughter will discover things she never even realized she could do. So will you!

BOND THROUGH READING (For ages 4 & up)

As often as your schedule permits, set aside a consistent time to read together. Ensure that your daughter is provided with voices from all walks of life. Take the time to consider the backgrounds and cultures of authors when selecting books to read. Experiencing a story through the eyes of someone vastly different will not only strengthen her ability to empathize, but encourage her own thinking about diversity, as well.



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