

Valentine's Day...people usually fall into one (or more) of the following categories:

1. Those who are totally focused on the holiday and its celebration of love and relationships
2. Those who feel the lack or indifference of love in their lives due to separation, divorce or the loss of a spouse or significant other
3. Those hard-core cynics who view it as just another "Hallmark holiday"

If you fall into categories 2 or 3, or one you know but we didn't list, it can be incredibly tough to model healthy coping and conflict resolution skills for those around you. To practice Love, Tolerance, Kindness, Compassion, and Respect toward yourself AND toward others (The Golden Rule) is a tall order...it's a critical skill. The ability of children to problem-solve or resolve conflict is directly impacted by the example set by the adults, loving or not, in their lives.

Here are a few ideas for positive and constructive actions and activities to share with your child(ren) that will make them feel good by making those around them feel love, and enjoy Valentine's Day!



1) ***Be kind.*** Pay attention to your inner dialogue and the things you tell yourself. When that negative voice starts up, stop and ask yourself "Would you talk to a friend that way?" or more importantly, your child(ren). Assess something positive, one blessing, in your life to focus on. (And, there is always at least One!)

2) ***Make the expressions of love "home grown".*** Huge bouquets and boxes of chocolate aren't always the answer. Set aside the time with your child to make Valentine cards or pictures for the other parent, their grandparents (both sets), siblings, friends, teachers, and other important adults in their life. Keep it fun and festive, even if your Valentine heart isn't necessarily into it. Your child's enthusiasm and creativity may be infectious!

3) ***Make someone else's day.*** A sure way to make ourselves feel better is to do something for someone else...you know, Random Acts of Kindness. Valentines cards and pictures for nursing home residents, fire departments, cookies for a neighbor, candy for a teacher, supplies to your local animal shelter are all appreciated. There are so many ways to show love and care in our own community, where you find your heart and your

Events Calendar

February 8-17, 2020
2020 Chicago Auto Show
Open at 10 am daily

McCormick Place
2301 S. King Drive
Chicago, IL 60616

February 12, 2020
Lincoln's Birthday
DuPage Courts Closed

February 14, 2020
Valentine's Day
It's a Friday,
Make Your Plans &
Reservations NOW!

passion. And doing so sets a great example for your kids and their friends!

4) *Make the day "argument-free"*. If your parenting time schedule calls for a pick up or exchange on Valentine's Day, refrain from negative comments about "arch enemy number 1". Resist the impulse to bicker with them about things that aren't really important. Model civil behavior for your children: they benefit from your positive example and you'll feel better in the long run.

5) *Make the focus on your time together - not on the day itself*. Romantic love can be wonderful as can familial love. Show your love by being 100% present when you're with your child(ren). Put your phone "to bed" - in our house we go "Radio Silent" for part or all of the weekend. Set the example and give the electronics a "time out" and enjoy family and friend time. There will be times, days and situations when that's not practical. Take the opportunity to model positive social interaction behavior with your kids and those around you. In addition to refining your own skills, you're teaching your child life skills that will be valuable to them every day for the rest of their life.



February 17, 2020
Washington's Birthday
DuPage Courts Closed

February 22, 2020
9th Annual DuPage Open
Doors Open at 6 pm
Speakers begin at 7 pm

Parkview Community Church
764 St. Charles Road
Glen Ellyn, IL 60137

February 28, 2020
45th Annual Judges Night
5:30 pm cocktails
7:00 pm show

Belushi Auditorium
McAninch Center
College of DuPage
425 Fawell Blvd.
Glen Ellyn, IL 60137

TICKETS

Contact:
Robert Rupp
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"All you need is love. but a little chocolate now and then doesn't hurt."
-- Charles Schultz

The Law Office of Brigid A. Duffield, P.C. wishes you a very Happy Valentine's Day and a glorious and peaceful resolution to all your conflicts!

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