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PSN Family Resource Center NEWSLETTER

How to Break Bad Habits

Old habits can be hard to break, and new habits hard to make, but with these six basic steps you can develop new, healthy behaviors that stick. 6 Steps to Changing Habits

Identify Cues. Something has to trigger a habit, and a cue can be anything. Maybe stress makes you crave chocolate, or the sound of your alarm triggers you to hit the snooze button. Identifying cues helps you understand what puts your habits into motion.

Disrupt. Once you know the cues, you can throw bad habits off track. If the alarm cues you to bash the snooze button every morning, put the alarm clock on the other side of the room. Trekking across the cold floor will likely disrupt the snooze habit.

Replace. Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone. The new behavior “interferes” with the old habit and prevents your brain from going into autopilot. Deciding to eat fruit every time your mind thinks “cookie” substitutes a positive behavior for the negative habit.

Keep It Simple. It’s usually hard to change a habit because the behavior has become easy and automatic. The opposite is true, too: new behaviors can be hard because your brain’s basal ganglia, (the “autopilot” part), hasn’t taken over this behavior yet. Simplifying new behaviors helps you integrate them into your autopilot routines.

Think Long-Term. Habits often form because they satisfy short-term impulses, the way chewing on your nails might immediately calm your nerves. But short-term desires often have long-term consequences, like nasty, splintered, chewed up fingers. Focusing long term while trying to change some habits will help you remember why you’re investing the effort.

Persist. Research has shown that what you’ve done before is a strong indicator of what you’ll do next. This means established habits are hard to break. But the good news is, if you keep at it, your new behaviors will turn into habits, too. Persistence works — at first it might be painful to get up at 5am for that jog, but soon it will be second nature.

So, habits can be changed, and with a bit of time and some effort, healthy behaviors can become second nature. Now get on it, so you can be Healthy For Good!

What’s Inside:

Diaper Distribution

Parent Cafe

9 New Year’s Resolutions

**New Year’s Resolutions
Activity**



8600 Sheridan Road
Entrance B
Kenosha, WI 53143
262-697-4651



**FREE DIAPERS TO
FAMILIES IN NEED!**



**DIAPER
DISTRIBUTION**

January 19
3:30-4:30

FREE diaper distribution!

No registration necessary.

**Diapers are first come-first served
with limited supplies.**

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center
8600 Sheridan Road
Drive up to Entrance B

Contact Alison at 262-605-6545 or
alison.haas@kenoshacounty.org for
more information.



SAVE THE DATE!

In-person
sessions starting
in March at the
PSN Family
Resource Center.

Parent Café

● share ideas ● make new friends ● discuss your family's hopes & dreams ●

9 NEW YEAR'S RESOLUTION PROMISES FOR PARENTS

Making a resolution to be a better parent in 2023 is a great idea for several reasons. First, it shows that you are committed to improving your parenting skills and becoming the best parent you can be for your child. This can help you provide your child with the support, guidance, and love they need to grow and thrive.



Second, being a better parent can benefit your child in many ways.

It can help improve their self-esteem, self-confidence, and overall happiness. It can also help them develop important life skills and values, such as responsibility, empathy, and resilience.

Third, being a better parent can also benefit you. It can help you feel more fulfilled and satisfied as a parent, and can improve your relationship with your child. It can also help you manage stress and other challenges that come with parenting, and can help you be a more positive and supportive influence on your child.

Overall, making a resolution to be a better parent in 2023 is a smart decision that can have lasting and positive effects on you and your child. It is a worthwhile goal to strive for and can lead to many rewards and benefits. Here are 9 parent promises you can make (and keep) for 2023:

1. **Boost Your Child's Self-Esteem:** Your words and actions as a parent are the biggest influence on your child's self-esteem. Praise their accomplishments, big and small. Let them do things independently to make them feel capable and strong. Avoid belittling comments or comparing your child unfavorably to others. Use kind words and show compassion.
2. **Catch Kids Being Good:** It's easy to focus on the negative, but try to catch your kids doing something right. Praise them for it and be generous with rewards. Soon you will see more of the behavior you want.
3. **Set Limits and Be Consistent:** Discipline is necessary to help kids choose acceptable behaviors and learn self-control. Set clear rules and follow through with consequences. Be consistent to teach what you expect.
4. **Make Time for Your Kids:** Find time to spend together and let your kids help decide how to spend it. Teens may need less time with you, but be available when they do want to talk or spend time together.
5. **Be a Good Role Model:** Your kids will learn how to act by watching you. Think about how you want your child to behave and be aware that you are constantly being watched. Model the traits you want your child to have, such as respect,

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.



Meet Our Staff

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www.PSNFamilyResourceCenter.com

Name.....

My New Year's Resolutions

In school



ME IN 2023

Outside of school

I am excited about...