



## PFS CONNECTS

### Newsletter

We are excited to share...

- Blog Post - Hard to Say No
- Parenting Support Resources
- Ways to Foster Connections
- **Happy Holidays!**



Our mission is to empower families to gather strength and clarity toward action and hope.



## "When Did NO Become the Hardest Word to Say"

*by Kelly Raclin Miller*

"What if they get mad at me?" "What if they never speak to me again?" "How do we get them to agree to this?" "Will they hate me?"

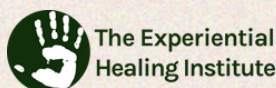
Tough questions. To begin, it is important to note that I am full-fledged member of Generation X. Through and through. I like to say that I was raised on iceberg lettuce and a reasonable amount of neglect. Neglect meaning that my parents were not aware of my EVERY movement and that was a good thing. My parents were loving, fabulous parents but there was not a lot of discussion about my "feelings" or my "opinions" regarding the rules of the household. Some of that was good, some of it was not. And I get that times have changed.



[CLICK HERE TO CONTINUE](#)

## Resources that offer parents and families guidance

A few of many offering personalized guidance & support tailored to specific needs: in-home training, family intensives, or real-time assistance, let us help you find the fit for your family.



**Telos Podcast:**  
**Discomfort**  
**Brings Growth**

# Healthy Ways to foster strong connections:

Building strong, healthy connections with your children is crucial for their emotional development and well-being. Here are a variety of ways to foster a deep connection:

- **Spend Quality Time Together:** play games, create activities, take them on a "date", discover common interests, take on a new challenge, show interest in their world
- **Be Present with Active Listening:** give your full attention when they speak, show interest, and ask follow-up questions
- **Show Empathy and Validate Feelings:** acknowledge their emotions without judgment, celebrate progress
- **Communicate Openly and Honestly:** use open-ended questions, be emotionally available
- **Set Aside Time for Family Rituals:** family meals, weekend walks, holiday traditions, special bedtime routine
- **Provide Positive Reinforcement:** offer genuine compliments, focus on what they did well to build self-esteem
- **Be Supportive During Difficult Times:** offer reassurance, comfort and guidance, let your child know it's okay to make mistakes, feel emotions, and ask for help
- **Establish Trust and Boundaries:** be consistent with rules and expectations, make sure to follow through, keep promises and be someone they can rely on
- **Respect Their Autonomy:** give them space, respect their need for independence, empower decision-making
- **Be a Positive Role Model:** demonstrate kindness and respect in how you treat others, teach them emotional regulation and how to handle stress, disappointment, or frustration



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PFS attending the  
Grant Halliburton  
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Party!



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