



Dear Imber Court Member

We hope that this message finds you well.

With the support of the United Education Group, who run many of their courses at Imber Court, during the National Restrictions we will be providing weekly updates of online content for families. These will consist of videos and blogs on how parents and children can live the 7 Habits of Highly Effective Families at home drawn from the 'Leader in Me at Home' resources.

Below are this week's resources taken directly from the United Education Group for the [Leader in Me at Home](#).

1. Improving home life and social media challenges

We believe acquiring life-skills that enable us to thrive in life is vital and that these can be learnt at home, in school and when learning sports.

We can achieve this through [The 7 Habits of highly effective people](#). The Habits provide a framework to build and practise these life-ready skills.

- Look at these [strategies](#) for living the 7 Habits and choose a practice to improve your home life and social media challenges with your family.

Then choose one thing you can do this week to contribute towards making life at home for your family easier?

- Watch this [video](#) with your young children of Max and Holly as they share how we can all step up to make family life easier.

2. Research tips for effective screen use for children

- Carla Wright's [blog](#) gives us helpful recommendations about how to set clear boundaries for screen time usage in our families.

Setting boundaries for screen use with your teenagers can be difficult, particularly if they have got into some bad habits. Sometimes as parents we are worried about making these changes because of the reactive behaviour we may receive from our teens.

- Watch this Manny and Clark [video](#) about Proactive vs Reactive behaviour with your teens so that both of you can practise pausing, staying calm and choosing proactive responses opposed to reactive.

3. Choosing to be a Proactive Parent

Parenting can be a challenge at times and often the way we respond in difficult moments can only escalate emotions and make things worse.

- Learn from Carla's [blog](#) as she shares ways to be more proactive as a parent and the difference it makes.

- Watch this [video](#) with your young children of Max and Holly as they explore things that make us angry and how we can choose a better response.
- Finally, watch this [cartoon video](#) (Just the Way I am) with your 3 to 7 year-olds and discuss with them; what did Pokey learn and what does it mean to be in charge of yourself?

The Leader in Me content that we have shared with you comes from the [United Education Group](#) and [Franklin Covey](#). They currently work with more than 60 schools in the UK, training teachers to teach these life skills to their pupils.

We hope you have found this valuable.

Thank you

Imber Court Membership Team



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