



BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

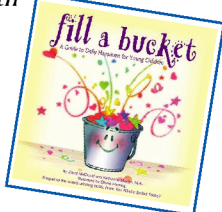
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Making a Difference

This review of *Fill a Bucket*, was posted last month on Amazon.com by "Nana".

We particularly like the headline.



More Hugs for Daddy

"I purchased this book for my granddaughters, three and five years old. The three-year-old has always been a mommy's girl much to daddy's chagrin.

But, after reading *Fill a Bucket*, she decided to fill daddy's bucket. She sat next to him at dinner, crawled on his lap after dinner, and requested that he be the one to tuck her in bed that night. Needless to say, daddy was thrilled.

He is now much more affectionate toward her. He has begun to fill her bucket and she is continuing to fill his bucket every day.

What a delightful way to explain kindness to a young child. She has learned that as a result of her kindness, she is receiving kindness in return."

Bucket Chuckles

GOOD QUESTIONS

Donald (age 4) stepped onto the bathroom scale and asked: "How much do I cost?"



Clifford (age 5) was in his bedroom looking worried when his Mom asked what was troubling him, he replied, "I don't know what'll happen with this bed when I get married. How will my wife fit in it?"

We Get Mail

We love to hear from our readers about their bucketfilling experiences.

We recently received an e-mail from Melissa Kelly, who lives in King of Prussia, Pennsylvania. She is a very busy single mom who wears many hats; she is a principal, teacher, parent, grandparent, and guardian.

When Melissa attended a Pennsylvania early childhood conference, she learned that the usual program had been changed from several training sessions to one speaker, Carol McCloud. She was concerned and wondered how one speaker could capture her attention for the entire day.

Here are a few edited excerpts from her e-mail:

"I absolutely LOVED it! I learned a lot, not only as an early childhood teacher, but as a parent as well.

I have three young boys and frequently struggle to keep them in line. My oldest, who is nearly six, learned about bucket filling in school and always talks about his bucket. I have used the bucketfilling concept with him a few times at home and noticed one day that he looked upset. When I asked him what was wrong, he looked at me and said, 'I'm feeling pretty sad, Mommy.' I asked him why and he said, 'My bucket is feeling very empty.'

I was very close to tears at this point and I asked him why it felt so empty. He started crying and said 'Because I made my friends' buckets empty when I said mean things and pushed and hit them.'

We talked about the things that he did throughout the day that were kind and nice and, by the end of the talk, he was smiling as we realized that he had actually filled his bucket.

I have gone through so many different methods of working with my kids and nothing has really stuck.

The bucket idea is something that all three of my boys understand and care about. It sometimes even seems as if they can feel their bucket filling up or emptying."

Melissa credits Carol's presentation with introducing her to new ways to not only fill her children's buckets, but her own as well. She admits that it is difficult to work full-time, be a good mom to three active young boys, meet other obligations, and find the time to keep her bucket full. She admits that it is easy to "melt down" quickly. Melissa has been using the all-important lid and has found that "it works!"

There are many people like Melissa, who have more on their plates than they can comfortably handle. We salute them and are thankful that they have found a way to use the lid to protect their buckets and continue to fill buckets.

Congratulations Cynthia!

Cynthia Lattimore, Principal of Herman Avenue Elementary School in Auburn, New York is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness."

—Mary Stuart, Scottish Queen, 1542-1587

