

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Changing lives with a bucket

This week we hear from Beth Hutcheson of Brentwood, Tennessee:

I was recently a speaker at a women's retreat and I must share the results with you.

The ladies were just "blown away." They were so thrilled with this "bucket filling" concept. After the speech and through the following morning, many of them shared their thoughts with me on using this metaphor for thinking of others in their classrooms, church groups, workplaces and homes.

I know that you see these results often, but it is so exciting to me to be a part of this.

It has made a solid impact on the lives of 65 women—who knows how much good will come from this?

BUCKET CHUCKLES

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child.

"No," said another, "he's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

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Bucket Nuggets from Carol McCloud, The Bucket Lady

Your words are the key

One of our Bucket Fillosophy readers recently sent us this question, "How do you reverse the negative thinking in a child?" Perhaps our February 10th article prompted her question. In it, we reminded adults to watch what they say and how they say it, especially in front of children because negative words create negative thoughts. There are a number of things you can do immediately.

First, take care of yourself. Manage your own stress and avoid fatigue as much as possible. Adults dip into their children's buckets when they are fatigued, stressed and not thinking clearly. Take care of yourself in order to take care of your children. Realize that your negative words often leave deep impressions of inferiority, fear, hurt and anger. Negative words create negative thoughts in a child's mind.

Next, begin to reverse your child's negative thinking with sincere, positive words. Compliment the smallest accomplishments. Praise efforts and progress. Focus on strengths and not weaknesses. Bucket filling is praise, not flattery, and uses words that are *specific, sincere, deserved and individualized*.

Children feel good when they succeed. It's up to you to actively help them succeed in at least one area of their lives. Children feel valued when you spend time with them. Find time to enjoy them while staying alert to anything that may be troubling them.

The world is a negative environment for many children. We live in a society that puts tremendous value on physical beauty, intelligence and materialism. "Average" children can quickly develop a sense of inferiority and negativity about themselves. While parents cannot always protect their children from the words of others that often unintentionally cause them pain and harm, they can help their children understand the wrong thinking behind those words.

When I was about 12 years old, I overheard my aunt say to my grandmother, "Carol's legs are the skinniest and ugliest I've ever seen." Obviously, those words have stayed with me but, thankfully, my mother helped reverse their negative effect. She reminded me that I could run faster than any kid in the neighborhood.

When a child is left out of an activity or ignored, when someone remarks on the beauty or intelligence of a sibling, it's up to you to let your child know that they are valued equally and for their own specialness.

Being a good parent is an art. It requires putting yourself in your child's shoes and attempting to feel what your child feels in a world that has an unjust system of evaluating worth.

Good parenting involves helping our children feel safe until they develop the self-confidence it takes to navigate in their own world.

This week's winners

Congratulations!



Cindy Bosch, of O'Neal Elementary in Poplar Bluff, Missouri is our Bucket Filler of the Week. Congratulations, Cindy! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"Live so that when your children think of fairness, caring, and integrity, they think of you."

H. Jackson Brown, Jr., in Life's Little Instruction Book

