



# BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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## A Full Bucket = Happiness

By Carol McCloud

Last month, I was interviewed by the editor of a premier Canadian parenting magazine. Her questions focused on how parents can improve their children's happiness. In bucketfilling language, happiness is the equivalent of a full bucket. Our children's books were written to teach people of all ages how to be happy and keep their buckets filled. And, while children are a 24/7 responsibility, parents must realize the importance of keeping their own buckets filled.

Parents who have full buckets and teach their children to be bucket fillers give their children a great start on the road to happiness. When children are in good, secure relationships with people who take time to be with them, they thrive and feel good about themselves.

While I have never met a parent who does not want their children to be "happy," many parents don't seem to fully understand what constitutes happiness or how to help their children achieve it. Rather than focusing on short-term, transient happiness based on "happenings," such as receiving a new toy or winning a game, "lifelong happiness" is possible when you realize two very important truths:

1. Other people love, care about, and help you when you need it. *(Other people fill your bucket.)*
2. You love, care about, and help others when they need it. *(You fill other people's buckets.)*

From birth through age eight, children absorb data like little sponges and are greatly influenced by the words and actions of the most significant people in their lives, primarily their parents. In addition to feeling accepted, loved and enjoyed, bucketfilling parents teach their children the many ways to fill buckets.

They teach them to be kind, help others, take care of themselves, try new things, and appreciate the world around them. When parents and teachers use bucketfilling language and apply thoughtful consequences to behavior, children learn right from wrong, value of self, resilience, and the benefits of delayed gratification.

We are Bucket Fillers We fill buckets



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Happy people are caring, responsible people who have learned how to graciously receive and generously give love, to understand their emotions, and to control their actions. When adults patiently teach children these important life lessons, they are helping them to become caring, loving, capable, and *happy*.

It is through these lessons that a child develops social/emotional intelligence and learns to be a friend and a good person. It is essential that parents, grandparents, and teachers engage their children in age-appropriate, bucketfilling activities that will give them the opportunity to learn about themselves as they interact with those in the world around them. This is the path to filling children's buckets with *lasting* happiness.

The Bucket Fillers team has been privileged to meet many wonderful parents, grandparents, and teachers, who are creating bucketfilling environments in which children can thrive.

Our primary goal is to continue to spread the concept of bucket filling because we know, without a doubt, that when both children and adults become bucket fillers and learn how to keep their buckets and the buckets of others full, they are better equipped to solve problems, overcome challenges, and live rewarding and *truly happy* lives.

### Another New Item!

**Bucketfilling "To Do" List with reminders to fill your own bucket and someone else's!**  
3" x 9", 25 pages, magnetic backing  
\$1.95 each or 5 for \$7.95



Available at  
[www.shop.bucketfillers101.com](http://www.shop.bucketfillers101.com)

Designed and edited by Glenn Merillat



### Congratulations, Dave!

Dave Leblanc of Murfreesboro, TN, 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](http://www.bucketfillers101.com)

### Words of Wisdom

*"Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry."* — Alvin Price, Author of *101 Ways to Boost Your Child's Self-Esteem*