

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

By: Carol McCloud

Week of February 16, 2014

Connect With Us

[Website](#)

[Free Resources](#)

[Presentations](#)

[Publications](#)

[Shop With Us](#)

[Contact Us](#)

 Forward to a Friend

Join Our Mailing List!

Bucket Fillers, Inc.
PO Box 255
Brighton, MI 48116-0255

Ph: 810-229-5468
Fx: 810-588-6782

Office Hours:
Monday - Friday
9:00am - 3:30pm



Stay Connected



Three Simple Ideas

Dear Fellow Bucket Filler,

We would like to share three wonderfully simple parenting ideas published in *The Power of Moms* online community (www.powerofmoms.com). These are ideas that every bucketfilling parent should know and practice.

Let's begin with three questions:

1. What are the most important nine minutes during the day that can have the greatest impact on a child?
2. What is the minimum number of touches a child needs during a day to feel connected to a parent?
3. What one daily event is especially important for children?

Answers:

1. The first three minutes at three important times: When they wake up, when they come home from school, and before they go to sleep.
2. Eight touches a day is the minimum a child needs to feel connected to a parent, 12 if they are going through a challenging time. This could include straightening a collar, patting the shoulder, or a simple hug.
3. One meaningful, eye-to-eye conversation between a parent and child every day.

The Power of Moms wraps it up with this bucketfilling bit of wisdom: "Let's not worry about doing everything right. Let's just focus on doing one thing right: a little love each day." That's filling a bucket.

Keep Filling Buckets,

The Bucket Fillers Team



Our Bucket Filler of the Week*

Claudia Fraser, Reading Specialist and Literacy Coach, from Rockville, MD.

*E-newsletter winners are randomly selected to win a free copy of our latest book, "Bucket Filling from A to Z!"

Bucketfilling Showcase



This issue's picture is from **Jennings Randolph Elementary** in **Elkins, West Virginia**. What a great reminder to be a bucket filler every day!

We invite you to showcase your organization's bucket filling in our worldwide e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

Copyright © 2006-2014. All Rights Reserved.