



- ❖ When we ask our kids to care for one another, it shouldn't be seen as burdensome, it unleashes their potential to be nurturing and socially responsible people. When our children have chores to complete on top of their homework, it shouldn't be seen as burdensome, it helps them cultivate skills that make them self-reliant and responsible.

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>