

Happy Valentine's Day

For many, Valentine's Day is a holiday to celebrate love. For others, it can be tough to celebrate or not get cynical about "Hallmark" Holidays. And for others, even tougher to model healthy conflict resolution skills for the children.

Ghandi said "Be the change you wish to see in the world." Easier said than done. To practice love, tolerance, kindness, compassion, and respect toward yourself AND toward others is a very tall order. Taking the "high road", is a tough aspiration when we are dealing with challenging personalities...even it if is our own. The ability of children to take the high road or problem-solve or resolve conflict is directly impacted by the example set by the adults in their lives.

Here are a few ideas for positive and constructive activities you can share with your child(ren) that will make them feel good by making those around them feel good and those around them happy that it is Valentine's Day!

1. Set an 'art project' time, and help your child make Valentine cards or pictures for siblings, friends, family members, teachers, and both Mom and Dad. (Keep it fun, red candies on the table while you are working can be a positive, and fun gesture for the project that your heart may not be totally into.)

2. Help your child write a Valentine letter to their Mom or Dad (your former spouse), expressing how much they love them. (Sound impossible? Smile, think of at least one nice thing like, Dad is a good driver or Mom is a good baker..even if you grit your teeth all the way through it.)

3. Give your child extra hugs, not so they love you more but to show them both Mom and Dad love them unconditionally. (Even if you think you love them more!)

4. Be supportive, and maybe gracious, when your child

Upcoming Events

February 9-18, 2019
2018 Chicago Auto Show
Opens @ 10:00 am daily
McCormick Place
2301 S. Lake Shore Dr.
Chicago, IL 60616

<https://www.chicagoautoshow.com>

Legal Holidays
Tuesday, February 12, 2019
Lincoln's Birthday
Monday, February 18, 2019
Washington's Birthday

Tuesday, February 26, 2019
DuPage Bar Foundation
Memorial Plaque Dedication
8:30 am
DuPage County Courthouse
505 N. County Farm Road
Wheaton, IL
3rd Floor-Across from the
Attorney's Resource Center

Friday, March 1, 2019
44th Annual Judges Night
"Cutting the Cord"
Belushi Auditorium @ COD
425 Fawell Blvd.
Glen Ellyn, IL
5:30 pm-Cocktails
7:00 pm-Show

[Register](#)

Questions? Contact:
Robert Rupp
rrupp@dcba.org
630-653-7779

Friday, March 15, 2019
St. Patrick's Day Luncheon
DuPage County Bar Office
126 S. County Farm Road
Wheaton, IL

[Register](#)

Questions? Contact:
Robert Rupp

wants to invite their parent (your former spouse) or their step-parent to participate in Daddy-Daughter or Mother-Son special events. They don't have the life experience you have or the skill set to always make good choices and they need your support and encouragement to navigate your difficult relationships. **DON'T** take their desire to like or love someone you don't, personally.

5. Purchase small treats, or make it a joint project with your child to bake cookies or cupcakes for family members and school mates. Reinforcing compassion, thoughtfulness, and respect for everyone, including former spouses, teaches your child life skills that will be valuable to them each and every day for the rest of their life.



"Love all, trust a few, do wrong to none." - Wm. Shakespeare

Sending our very best wishes for a Happy Valentine's Day and speedy and peaceful resolutions to all your conflicts!

Sincerely,

Brigid A. Duffield

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April 4, 2019
2019 Bartylak Dinner
Sangamon Club
27 East Adams
Springfield, IL

Contact:
Lawyers Assistance Program
312-726-6607
1-800-LAP-1233

