



November–National Inspirational

November recognizes National Inspirational Role Models Month. No matter your age, gender, or stage of life, having someone who inspires you to be the best version of yourself is always a positive thing. Perhaps it's a friend, a celebrity or an activist. Whether the person is high-profile or not isn't important. Their character and ability to inspire, guide and teach carries much more value. This month, focus on the person who motivates you and thank them for the leadership.

Each November, you are encouraged you to get involved in activities or events that your role model is apart of (or if they are no longer living or a celebrity, maybe an occasion you think they would enjoy or join in themselves). Stepping into the shoes of the person you look up to the most is likely to stir something up inside you that encourages growth as a person. There's a reason that person is your role model, right? Take a good look at them and their life. What healthy habits do they have? How do they make people feel? If you can mold yourself after them, while keeping your unique personality, you have struck gold!

HOW TO OBSERVE

Be the best person YOU can be this month and thank your inspirational role model for helping you get there; they may not have even realized you were looking up to them! Another good way to celebrate National Inspirational Role Model Month is by being a good role model to others. Here are some ways for you to radiate confidence and goodness for the world to see.

- Always demonstrate **leadership and confidence**. Stay positive, look at things from a neutral perspective, and be calm, cool, and collected. Always strive for bigger and better for yourself and others.

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November 2020

November Quote: "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." – William Arthur Ward

Club
President:

Dina Harmon



November Volunteer Opportunities:

11/20—Salvation Army Bell Ringing

11/23—Meals for Veterans @ American Legion

Future Volunteer Opportunities:

Will keep you posted as events come back!



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- **Stand out in the crowd.** Be yourself and be proud of it. You don't ever have to try to "fit in." People are drawn to those who are unapologetically themselves.
- **Interact with everyone**, not just your friends or the most successful/popular people in the room. Always have an open mind and be a good listener, as well as speaker.
- **Show others that you care**, even if you don't know them well! Being interested and concerned about people around you shows selflessness and great character.
- Be **smart, well rounded, and open-minded**. Thinking you're the smartest person in the room automatically makes you the dumbest person in the room.
- **Admit to your mistakes**, and embrace them to become better. Acting as though you are above failure and mistakes shows arrogance.

<https://nationaldaycalendar.com/national-inspirational-role-models-month-november/>

Looking for something to do and support community organizations at the same time?

November 26th—Red Lodge Turkey Trot

November 26th—Run Turkey Run (virtual)

November 8th—Downtown Litter Pickup (Liberty & Vine @ 8:00 am)

1st & 3rd Thursday of month—Yoga @ Billings First Church; w/ Lisa Harmon; 10:00 a.m.

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)

Wednesdays—Geeks Who Drink Pub Quiz & Trivia @ Thirsty Street At The Garage; 6:00 p.m.

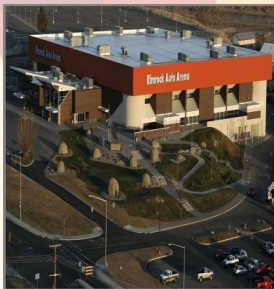
****Special Days/Holidays**

1st—Daylight Savings Ends

3rd—Election Day

11th—Veteran's Day

26th—Thanksgiving Day



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangers!



BEST CLUB BULLETIN

Exchange Club
75 or more members

**THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT**

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Committee Happenings:

BECON Committee—

Your November BECON

Editor is Shannon John-

son.

Invocation Com-

mittee—November

prayer to be done by

Teal Kaufman.

Social Committee—

working on a fun event!

Freedom Shrine —

Freedom Shrine rededi-

cation at McKinley

School moved to school

year.

GET INVOLVED!

***Committee Chairs—
Please email your up-
coming events to
dinahar-
mon1212@gmail.com to
be included in next
months newsletter!***



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CAP Center Corner

Intentional Ways to Grow a Healthy Parenting Relationship

What Is Intentional Parenting?

Intentional parenting is an approach to developing safe, stable, and nurturing parent-child relationships. Through intentional parenting, parents and those in a parenting role grow strong social and emotional skills in their children. The intentional parenting approach relies on brain science to provide you ways to stay present and involved with your child. Using the approach provides consistent structure and guidelines within which your child can find their own way. Intentional parenting uses intentional communication to tackle hard problems in a way that strengthens the parent-child relationship.

Why Is Intentional Parenting Important?

Research on parenting suggests that when you as a parent or someone in a parenting role engage in certain behaviors, it produces positive results and supports healthy development in your child.⁴ Intentional parenting is centered around engaging in these types of parenting behaviors which include

- being responsive and involved,
- demonstrating authority while supporting autonomy,
- having consistent and predictable rules, and
- communicating in a way that creates the warmth and safety needed to have tough conversations.

When these parenting behaviors are not present or when parenting is harsh and controlling, research indicates that children have negative outcomes such as

- lowered emotional wellbeing and
- lack of academic achievement.⁵

Studies show that when children experience things such as harsh or abusive parenting or being in an unsafe environment, it has a negative impact on their brain development. This can result in mental, physical, and behavioral issues in childhood, adolescence, and adulthood.⁶



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Intentional parenting can help you and your child develop social and emotional skills. Put simply, social and emotional skills include

- understanding, managing, and knowing oneself;
- relating to others; and
- making responsible choices based on self and others.

Social and emotional skills also serve to buffer against negative outcomes such as conduct problems and emotional distress.^{7,8}

How Do I Do Intentional Parenting?

Intentional parenting means doing things with your child that will support them. This includes:

- being involved,
- being consistent and predictable,
- providing guidelines within which your child can find their own way, and practicing intentional communication.

By engaging in these behaviors, you can build relationships with your child that form the foundation for their development. Strong, supportive, safe relationships help grow your child's brain, support resilience, and create the conditions for future success.

Be Involved

The research on parental involvement suggests that when you as a parent or someone in a parenting role are involved with your child, your child is better able to:

- manage stress,
- improve academic achievement,
- improve self-regulation, and enhance mental health.⁹

Through parental involvement, you can create a safe, stable, and nurturing relationship with your child. Every moment you spend with your child offers a chance to build your relationship with them. Being involved models how to engage in a relationship and provides your child a clear message that they matter. Some ways to be involved include doing things together, being around your child in your child's environment as well as bringing your child into your environment, and being present and available when needed.

Do Things Together



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Examples of age-appropriate activities:

Ages 0-4

- Cuddle and sing songs
- Read a book
- Go for a walk
- Blow bubbles
- Play pretend games

Ages 5-10

- Play games
- Build with Legos or blocks
- Work on a puzzle
- Fly a kite
- Draw pictures outside with sidewalk chalk
- Toss/kick a ball

Ages 11-14

- Play board games or card games
- Ride bikes
- Do a craft
- Bake a dessert together
- Go on a hike

Ages 15-18

- Learn something new together
- Try a new hobby
- Make dinner together
- Participate in a community event together
- Volunteer for a cause (i.e., walk dogs at an animal shelter, local food drive, park clean up, etc.)



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Be A Priority This Holiday Season Without Guilt

During the hustle and bustle of the holiday season, it's all too easy to let self-care slip off your radar. However, it's important for your health that you prioritize your well-being, so you can enjoy the season with family and friends. If you burn yourself out with all the cooking, shopping, traveling and hosting, you'll not only feel a lot less joyful, but you also won't have much left to give during this season of giving.

Follow these simple tips to be sure you are carving out time for self-care this holiday season.

Tip #1: Give Yourself the Gift of the Present

"Be present, put your cellphone down, and turn the TV off."

There's no need to compare your holiday festivities to others on social media - everyone has different traditions and ways of celebrating. Take the time to unplug from electronic devices and be fully present with your loved ones. Choose special times, especially as you gather for meals, for everyone to shut off their gadgets and just enjoy being together.

Tip #2: Make time for self-care

"Self care can mean taking care of yourself by saying "NO."

Whether you decide to conduct an internal check-in, write down your thoughts in a journal or simply close your eyes and relax for a few minutes, taking at least 10 minutes for yourself each day is one essential step to keeping yourself calm, cool and collected during the hectic holidays. Experiment to find what relaxes or calms you the most, whether that's meditation, gentle stretching or sipping herbal tea.

Tip #3: Live in Gratitude

"Every morning think about 3 or 4 things you are grateful for."

Tip #4: Stimulate Your Mind

"Use the time to focus on what's meaningful and stimulate your mind."

Tip #5: Honor a Lost Loved One



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Tip #6: Make getting a good night's sleep a top priority

"Everything's better when you get enough sleep."

Your mood, your concentration and your overall health. Try not to overbook yourself, so you can maintain a regular sleep schedule even during the busiest times of the year. Getting to sleep just a half an hour earlier each night can make a difference. Avoid things that you know keep you tense and awake in the evening, like caffeinated beverages or too much screen time.

Tip #7: Be thoughtful when crafting New Year's resolutions

"Take the time to think about your own personal goals for the new year."

Focusing on self-improvement and self-care rather than self-deprivation. Make sure that your resolutions include giving yourself a reward, like a vacation, a mini-break or a special outing that you've earned.

No matter what time of year it is, taking care of yourself is never a waste of time or effort. The more you can relax and recharge, the more you will enjoy each day - and the more you'll have to give to others. Focusing on a few positive changes during your day can make a huge difference when it comes to your physical well-being.

<https://phl17.com/brandpointcontent.com>

