



# Bucket Fillosophy® 101

## Words of Wisdom to Keep Your Bucket Filled

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### Never too late

Dear Fellow Bucket Filler,

Earlier this year, I was invited to give a parenting seminar in Muskoka, Canada, a two-hour drive north from Toronto. The high attendance on that wintry night and the questions that were asked told me that these parents were eager to learn.

I have a special place in my heart for our neighbor to the north. I admire Canada's one-year paid family leave policy to care for a new baby and hope that one day a similar policy will be available in the U.S. Canada's leaders clearly understand the crucial role of bonding and positive early childhood interactions in healthy brain development.

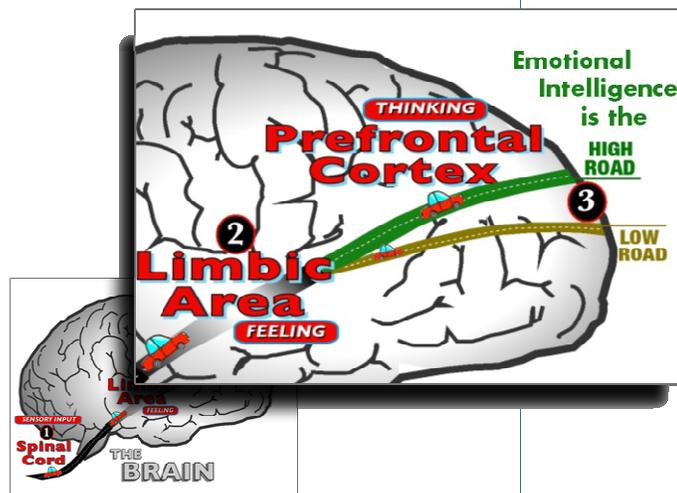
Our subject that evening was how to raise caring, responsible and resilient children through bucket filling. We also discussed how each of us throughout life can learn to recognize emotions in ourselves and others to better manage our behavior.

One father seemed particularly interested when I said that it was never too late to learn and change. I explained that it's easy to offer excuses for angry behavior by saying, "I have a short fuse. That's just the way I am." Not true. Age and habitual practice are factors, yes, but we can adjust and learn healthier ways to think and act. At age 65, I cannot learn a new language as quickly as a five-year-old can, but *I can learn*. The older we are, the more time, effort and patience we need to succeed. As I told this father, "The earlier, the better, but you really can teach old dogs new tricks."

If low-road habits have been pre-programmed, we can learn to stop at the emotional crossroads and choose the higher road. As we practice making bucketfilling choices, we build new and healthier brain pathways.

Thank you for continually learning the art of good parenting. Fill those little one's buckets, teach them to be bucket fillers, and they will ride the high road to greater happiness. So will you.

Stay tuned for more,  
Carol McCloud



## Our Bucket Filler of the Week\*

Linda McAllister from Ozark, MO

\*E-newsletter winners are randomly selected to win a free book!

### Bucketfilling Showcase



This week's picture is a bulletin board from Mrs. Abi Jasper's Year One Class at **Mount Lockyer Primary School** in **Albany, Western Australian**. Each child drew their body, added a picture of their face, and wrote a bucketfilling statement in their speech bubble. They love bucket filling in their school!

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

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

*The Bucket Fillers Team*

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