

a little positive affirmation...

You want to make lifestyle changes. You really do. You know it's right for the planet and your family. It's not always easy to change your behavior, but ***your behavior is the single greatest influence on your children.*** Take baby steps together. You don't need to change everything all at once. (Thank goodness!)

in-home activities (achieve one of these in the next 30 days)

- **Do less laundry.** There's a certain 5-year old (ahem) who takes off her clothes and automatically puts them in the hamper before bedtime. Instead, her mother (ahem) should look over the clothes with her daughter and determine which ones are really dirty. The mother will be rewarded with less laundry, and hence, a smaller water bill.
- **Turn off the faucets.** See the art project for a great way to reinforce this with young children when brushing teeth and washing hands. Encourage this behavior by doing it yourself and turning off the kitchen faucet while washing dishes. (Put a sticky note by the kitchen sink for 2 weeks. It will help.)
- **Flush less.** We know, we know. Ew. But toilet-flushing consumes the most in-home water. Remember that old rhyme? "If it's yellow, let it mellow. If it's brown, flush it down." This is a tough one. But just try it. Or, get a new toilet. Low flow toilets use 1.6g per flush, whereas older toilets use 3.5 to 5g per flush.
- **Order a free water conservation kit** from the Portland Water Bureau! Includes shower timer, water audit kit, information on indoor/outdoor water saving tips, leak detection tablets, kitchen faucet aerator and bathroom conservation kit. Visit EnviroMom.com for a link.



art project

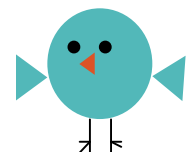
Ask your children to draw pictures of the water cycle -- rain, snow, mountains, rivers, animals and plants.

Hang the pictures near frequently used water fixtures to remind your kids to conserve water every time.



field trip

Celebrate at the Children's Clean Water Festival – April 12, 2007, PCC Sylvania
Check out CleanWaterFestival.org for more information.



more great ideas at
EnviroMom.com

talk to your kids

Little ones: "Hey, there's Mt. Hood. That's where our water comes from. We are so lucky to have such yummy, clean water!"

Medium ones: "Even though it seems like it rains all the time, we need to conserve water because we use so much during the summertime."

Bigger ones: "What's a watershed?" "Look it up." (er, kidding) "A watershed is an area of land that collects, stores and releases water." (from valley to lake to river, for example)