

Firm, Fair & Consistent®

Lonedell R-14 School District
Success Nothing Less

Guiding Students for School Success

Teach respect creatively to get results

You expect your child to respect you, his teachers, and his classmates—and you've told him so. But actions often speak louder than words. Memorable activities can teach your child not only how to respect others, but why it's important. For example:

- **Discuss the meaning of respect.** Brainstorm together and be open to your child's ideas. It may help to think of a synonym for respect, such as appreciation or honor. Name an opposite, too, such as rudeness. You might summarize respect with the "Golden Rule": "Treat others the way you want to be treated."
- **Make a respect collage.** Look through pictures of people in magazines. Talk about what you see. Who is showing respect? Who isn't? How could this affect each person? Cut out photos that illustrate respectful behavior. Use them to make an inspiring collage.
- **Quiz each other.** Think of examples of respect and disrespect. Take turns naming them. One of you might say, "Complimenting your sister's outfit" or "Trampling a neighbor's flowers on the way home." The other should rank the behavior on a scale from one to 10. It's okay to disagree about answers—as long as you do it respectfully!



Source: "Lessons and Activities for Teaching Respect," Education World, www.educationworld.com/a_lesson/lesson/lesson329.shtml.

You ask your child a question, but it takes her several seconds to respond. Is she being evasive?

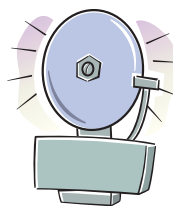


Not necessarily. According to research, kids need some "wait time" to process what they hear. These extra few moments help them consider and understand what's being asked.

So the next time you ask your child a question, wait at least three seconds for her to respond. You may end up getting a more thoughtful answer!

Keep school routines solid till the final bell

The semester may be almost over, but your commitment to solid school-year rituals shouldn't be!



During these last few weeks of school, stick to your child's usual routines:

- **In the mornings.**
- **At homework and study time.**
- **At bedtime.**

If he suddenly starts staying up too late or oversleeping on weekdays, his grades—and attitude—may suffer. And that's no way to start vacation!

Which summer chores are right for your child?

Your nine-year-old wants to earn money this summer by doing extra chores around the house. Great! But how do you know which tasks your child is capable of handling?



Older elementary-schoolers can usually tackle these chores:

- **Load** the dishwasher.
- **Vacuum.**
- **Put away** laundry.
- **Feed** the dog.
- **Help prepare** dinner.
- **Weed** the garden.
- **Set and clear** the table.

Source: A. Stuart, "Chores for Children," WebMD, <http://tinyurl.com/89umswf>.

Practice 'selective ignoring'

You've heard the old adage: "Don't sweat the small stuff." Well, when it comes to kids' irritating behaviors, a lot of it qualifies as "small stuff"!



So don't get caught up trying to correct every little thing your child does wrong. Instead, focus on enforcing a few key rules. Let the minor, everyday annoyances slide.

A bit of "selective ignoring" can go a long way toward preserving a calm household!

Source: "10 Techniques to Shape Children's Behavior," Ask Dr. Sears, <http://tinyurl.com/3vjbcx9>.

Childhood worries require patience

It's normal for kids to have fears, but worrying too much interferes with important activities. A child who is afraid of dogs, for instance, may have trouble walking to the bus stop. Here are tips for handling anxiety:

- **Don't rely only on explanations.** ("But the neighbor's dog is nice.") Talking is helpful, but it's not enough.
- **Do use comforting behaviors, such as hugs.** Also let your child take a break from the worrisome activity.
- **Don't use a "tough love" approach.** Forcing a child to face a fear all at once isn't good, and it may do damage.
- **Do confront fears gradually.** Research shows taking slow, non-scary steps helps. ("Let's watch the dog out the window for a while.")



Source: "Child Anxiety, Part II: Strategies for Alleviating Your Child's Anxiety," Yale Parenting Center, <http://hosted.verticalresponse.com/946511/6582e8ff6d1756541763/41d519884c>.

Questions & Answers

Q: My fourth-grader fussed about reading this entire school year. He's been tested and doesn't have trouble reading; he just complains that it's "no fun." How can I help him learn to love books so next year isn't such a headache?

A: You're wise to want to help your child learn to enjoy books. Studies show that kids who read for pleasure tend to become lifelong bookworms. And that can translate into better grades.

Of course, you can't force your child to love books. But what you *can* do is make reading more attractive to him.

Here's how:

- **Set a good example.** Do you reach for a book or magazine as often as you reach for the remote or your smart phone? If not, you may be sending mixed messages. If you want your child to believe reading is fun, it's crucial that he frequently "catch" you reading for pleasure!
- **Make it easy.** Fill your home with reading material—everything from books and newspapers to crossword puzzles and comics. Put bookshelves or baskets in every room and fill them with things to read. Surround your child with words, and it just may inspire him to dive into reading.
- **Limit screen time.** Books are wonderful, diverse and often life-changing, but they're not flashy. So you may have a hard time making them compete with TV, video games and tablets for your child's attention. Instead, work on enforcing the recommendation from experts: Limit daily screen time to two hours. And how will you fill the rest of your child's day? Encourage him to read!



Stealing is often about self-control

Your second-grader brought home a really cool pen. There's one problem: It isn't hers. What do you do?

First, don't panic and begin imagining her future life of crime. With young kids, "stealing" is typically more often about poor self-control than thievery.

So make your child return the item and apologize to its owner. Talk to her about why people shouldn't steal. Give her time to think. Then have her explain why her actions were wrong.

Chances are, your child will get the message, and stop the behavior.

Source: W.D. Tynan, "My Child Is Stealing," KidsHealth, <http://tinyurl.com/7nlzal>.

Use the right approach at homework time

Research shows that parent involvement can have either positive or negative impact at homework time.

For the right approach:

- **Supervise,** but don't help unless you see your child is struggling.
- **Be aware** of what your child is learning. Make supportive comments.
- **Make sure** he gets extra help at school when he needs it.



Source: "Homework Tips for Parents," U.S. Department of Education, <http://www2.ed.gov/parents/academic/involve/homework/part.html>.

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