



Sun	Mon	Tue	Wed	Thu	Fri	
<p>What do you admire most in a friend? Honesty? Thoughtfulness? Compassion? Humor? These virtues help prevent depression. Compliment your child when you see these traits and they will grow.</p>			<p>2 The ideas in this month's calendar were inspired by <i>The Optimistic Child</i> by Dr. Martin Seligman.</p>	<p>3 Written for parents of children a little older than Marsh kids, this book contains scripts that help us help kids feel capable & happy.</p>	<p>4 Seligman says helping children work through problems rather than solving things for them builds resilience.</p>	<p>5 When a child complains about a friend, say "Wow! That was hard! How did you handle it?"</p>
<p>6 Show your children you believe in their ability to be a good friend while working things out.</p>	<p>7 After school, rather than starting with questions about problems, try one of these for a better conversation: </p>	<p>8 "What was the best part of your day?"</p>	<p>9 "Who did you sit by at lunch today? Did you tell them about the fun you had last night?"</p>	<p>10 "What did you do in PE today? Was it hard? I bet you did your best!"</p>	<p>11 "Did anybody read a story to you today? What was it about?"</p>	<p>12 Limit video games to a few hours on weekends only. Free time will develop help your child create imaginative games.</p>
<p>13 </p>	<p>14 Help kids see their problems as temporary rather than permanent.</p>	<p>15 Remind each other of the times we got through a problem. We can do it again!</p>	<p>16 Understanding that most problems are temporary builds resilience.</p>	<p>17 Conversation helps build vocabulary and makes better readers.</p>	<p>18 </p>	<p>19 Saving money is great for kids. It helps them develop self control!</p>
<p>20 Things that help us think better: *exercise *sleep *water *protein</p>	<p>21 No School for Students Today! Teachers at Training</p>	<p>22 Kids need our time MUCH more than new clothes, toys or electronic gadgets.</p>	<p>23 Encourage kids to replace "I'm shy" with "Sometimes it's hard to think of what to say."</p>	<p>24 Practice social skills at home. Role play how to ask a friend to join in a game and how to walk away from peer pressure.</p>	<p>25 Do you speak Spanish? Encourage your child to converse in both languages. Praise her when she tries. Instead of correcting mistakes, say it back correctly & keep talking!</p>	<p>26 Encourage your kids to play outside. It reduces stress and raises the brain chemicals that make them happy.</p>
<p>27 Normalize mistakes by laughing at yourself when you make them. Let your child see you laugh at your own mistakes!</p>	<p>28 Marsh Improvement Team Meeting 11:15 Marsh Conference Room</p>	<p>29 </p>	<p>30 Count every day. How many stop signs are on the way to school? How many toys, pennies, days on the calendar.....?</p>	<p>31 Simple fun: Make paper airplanes and create targets using towels. See who can land their plane on the towel!</p>	<p>What are your highest hopes for your child as he or she grows up? Most parents, when asked, say that they hope their kids will become strong, caring adults who are able to have happy and productive lives. Being capable (persistent) & caring (securely attached & kind) are proven protective factors. Self-control is the third. We reinforce these traits these every day.</p>	