

Marsh School

January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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. Researchers have found three "protective factors" that make all the difference: initiative, attachment and self-control, and they are easy to reinforce every day. We offer a few suggestions in this month's calendar, beginning with exploring the terms.</p>						
<p>7 Family rituals create bonds of security in your children.</p>	<p>8 Instead of asking your child if she had any problems today, ask, "What did you do in PE? Did anyone read to you today? Who was your partner? Did you play a game at recess? Who is fun to play with at school? What did you have for lunch?"</p>	<p>9 Play games together! Games build all three protective factors as we solve problems, take turns and respect the rules!</p>	<p>10 Play "Musical Freeze"—when the music is on dance and move. When it turns off, have everyone try to maintain balance in their "frozen" pose develops self control)</p>	<p>11 Use our school language with your children. CAPABLE reinforces initiative, CARING reinforces attachment and COMMUNITY emphasizes self-control (working together)</p>	<p>12</p>	<p>13 Limit video game and TV time to a few hours on weekends only. The free time will develop initiative as kids discover the fun of active and imaginative play.</p>
<p>14</p>	<p>15 Give your child an eye for the beauty of the natural world by talking about the changing seasons. Which is your favorite? Which is his? Your conversation will build attachment to you and strengthen his vocabulary as well.</p>	<p>16 Make paper airplanes and create targets using towels. See who can land their plane on the towel!</p>	<p>17 CAPABLE kids can have a regular, age-appropriate job at home. Young children are supported when adults help them and compliment their success rather than expecting perfection.</p>	<p>18 When your child complains about a problem with another child say, "that was frustrating! What did you do?" Offer suggestions without solving it for her.</p>	<p>19 Teacher Collaboration Day</p>	<p>20 Teach your child to save money for spending later and you'll develop his self control.</p>
<p>21 Things that help us think better: *exercise *water *protein</p>	<p>22 Marsh Improvement Team Meeting 11:15 Marsh Conference Room</p>	<p>23 Kids need our time MUCH more than new clothes, toys or electronic gadgets. Talk and read together every day.</p>	<p>24 Rather than allow your bashful child to say "I'm shy," cast the trait in temporary terms: "Sometimes it's hard to think of what to say."</p>	<p>25 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>26 Does anyone in your family speak Spanish? Encourage your child to learn to converse in both languages and praise his initiative when he tries the one most challenging for him.</p>	<p>27 Encourage your kids to play outside. It reduces stress and raises the brain chemicals that make them happy.</p>
<p>28 Normalize mistakes by laughing at yourself when you make them. Let your child see you learn from yours without taking yourself too seriously.</p>	<p>29 We teach kids to say "silly me!" as a response to embarrassing situations. Laughing it off is a social skill that builds resilience.</p>	<p>30 Help your child to see his problems as temporary rather than permanent and he will become a resilient person.</p>	<p>31 Good to Know... Our curriculum, "Tools of the Mind," builds all three protective factors!</p>	<p>What do you admire most in a friend? Honesty? Thoughtfulness? Compassion? Humor? These virtues help prevent depression. Not only do adults feel better when they practice them, but children do too. Compliment your children when you see these traits in them and watch them grow!</p>		