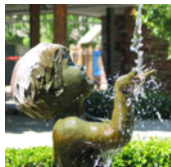
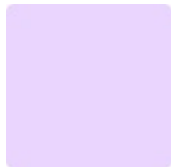




# Pearls for Parents

FRC Bi-weekly Newsletter  
November 12, 2009



## Parenting Pearl #1: *Something to think about*

### Good Old-Fashioned Values...

Most parents will say that they want their children to be respectful, empathic, honest, responsible, and generous human beings. It may seem difficult to teach children these values while living in a society that has become increasingly disrespectful and rude. Kids can become confused as to what is important in life, when our culture places so much emphasis on success, wealth, beauty, and acquiring "stuff." We can't shelter our kids completely from societal influences so it is important to equip our children with the tools to deal with a world full of moral ambiguity.

If you want to nurture kindness and respect in your children, remember the Golden Rule: "Do unto others, as you would have them do unto you." We influence our kids values by the way that we treat them. Children not only learn from what they see and hear (and overhear), but also from what they experience in relating to us. If we want our kids to treat others with respect, we must first treat them with respect. When our kids see us being honest, they learn about honesty. By establishing an environment of mutual respect in our families, we give our kids a model of how to relate to others. The family is the best "instructor" for inspiring these essential virtues and developing strong character in children.

So figure out what values are important to your family and model them to your children. Telling a child about your values is never as powerful as demonstrating them in your own life.

*(Tip source: Parenting with Love and Logic by Foster Cline and Jim Fay and 10-minute Life Lessons For Kids by Jamie Miller)*

## Parenting Pearl #2: *Something to do*

Using good manners and acting courteously are concrete ways for kids to show caring and respect for others. Michelle Borba, author of Building Moral Intelligence, gives many ways that kids can extend respect: 'Offering a chair to a woman if there are no others available, standing to be introduced to an elderly person, asking a friend what she would like to play, listening without interrupting, waiting for the hostess to sit at the table before eating, holding a door for a stranger, asking a new child about himself, saying thank you to a person to show appreciation. Each gesture of respect strengthens the child's connections with others and helps nurture a bit more civility in his world, as well as boosts his moral behavior.'

You can also check out the list of manners from Michelle Borba's book. Choose some that are important to your family and deliberately teach them to your kids. Borba says that this is best way to help your child become more courteous and better mannered. Here are five important steps to teaching children manners:

- 1. Identify your child's "manner needs":** Look over the list of manners and choose some that you would like your child to learn. Select one to teach.
- 2. Model the courtesy skill:** One of the best teaching methods is to have your child see someone do what you want him or her to learn. You can find a private time to demonstrate the manner to your child and also talk about why the skill is important. Also explain when to use the skill.
- 3. Provide opportunities to practice:** Kids learn any skill best through repetition, so it is important for your child to have opportunities to practice. Make sure you allow your child to rehearse the skill before trying it out in the real world. You can rehearse the skill through role-play or when playing together (you can use dolls or toys to also demonstrate the skill).
- 4. Encourage your child's efforts:** New skills take time to learn so encourage your child's efforts and attempts with the skill. Always offer corrections privately, never in front of other kids or adults.
- 5. Arrange real-world practice:** The goal is always to make sure your child is comfortable using the newly learned skill without your structured guidance. Ideas: dinner at a restaurant, visiting someone's house, going to a birthday party, playing at the park,

inviting another child over, etc.

*(Tip source: Building Moral Intelligence: The Seven Essential Virtues That Teach Kids to Do the Right Thing by Michelle Borba)*

## Staff Spotlight



### Lorelei Russell

Innovative and 2's teacher

**I've been working at the Children's Center for:**  
6 years

### My Fun Fact:

My co-teacher (Lisa Whelan) and I were in the same high school class at Woodside High

### My Favorite Children's Book:

Runaway Bunny  
by Margaret Wise Brown



## Dates to Remember

### Wednesday Nov 18, 2009

Coffee with Non: Fall Placement and Kindergarten Readiness  
9am in Redwood Room

### Monday Nov 23, 2009

Emergency Drills  
11-11:30am and 3-3:30pm

### Tuesday Nov 24, 2009

Emergency Drills  
11-11:30am and 2:45-3:00pm

### November 25-27, 2009

School closed- Thanksgiving

### Nov 30- Dec 11, 2009

Children's Center Toy Drive

## Reading Corner

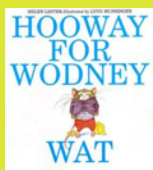
### Children's Books That Instill Good Values

#### Gratitude:

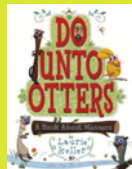


Crictor  
by Tomi Ungerer

#### Respect:



HooWay for Wodney Wat  
by Helen Lester



Do Unto Otters  
by Laurie Keller

#### Empathy:



Don't Need Friends  
by Carolyn Crimi



Bake Shop Ghost  
by Jacqueline K. Ogburn

#### Patience:



Duck and Goose  
by Tad Hills



Frederick  
by Leo Lionni

*(Book ideas: Bay Area Parent Magazine)*

## Websites to Check Out

Click on the following links to read articles about teaching children different values:

[How to teach your child empathy](#)

[How to teach your child generosity](#)

[How to teach your child honesty](#)

[How to teach your child responsibility](#)

[How to teach your child respect](#)

## Words to Inspire

"Children are natural mimics- they act like their parents in spite of every attempt to teach them good manners"

*-Anonymous*



This email was sent to you by:

**The Family Resource Center**

Children's Center Preschool at Los Altos United Methodist Church  
655 Magdalena Ave, Los Altos, CA 94024 [www.childrencenterpreschool.org](http://www.childrencenterpreschool.org)

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