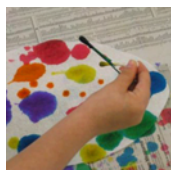
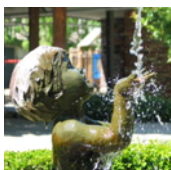
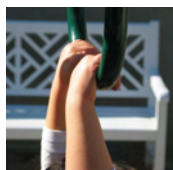
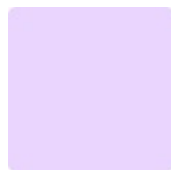




Pearls for Parents

FRC Bi-weekly Newsletter
May 25, 2010



Parenting Pearl #1: *Something to ponder...*

The Importance of Resiliency

In March, Dr. Kenneth Ginsburg came to the bay area to speak to our community about "Building Resilience in Children and Teens." His message was very powerful and relevant for the children growing up in today's society. He spoke about the pressures kids face and the importance of resiliency if we want our children to be successful. He defined resiliency as "being able to bounce back and handle the 'bumps' along the road." He also stressed that resiliency does not mean invulnerability, isolation from risk, or perfection. No parent wants adversity to befall their child, but children cannot be completely sheltered. Dr. Ginsburg believes that instead, we need to prepare our kids and help them build strategies to cope with the challenges they will face. They need to be exposed to some risk to develop and practice these coping skills. Parents rob their children of this opportunity when they do too much for them, overprotect them, and solve all of their problems.

Dr. Ginsburg was adamant that as society increases the pressures and stresses on our children, we need to remember that play is childhood's tool for building resilience. When he asked the audience what childhood should look like, the responses included: carefree, imagination, curiosity, play, fun, and magic. These were important reminders of what we should be encouraging in childhood. It is in play where children have the potential for creativity and innovation which also develops their resiliency. Check out Dr. Ginsburg's book, *Building Resilience in Children and Teens* for more ideas on resiliency or check out the website section to see his presentation in March.

(tip source: Dr. Ginsburg's presentation "Building Resilience in Children and Teens")

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

Dr. Ginsburg's 7 C's of Resiliency

Dr. Ginsburg believes there are 7 integral components of resiliency. He encourages parents to help kids develop and focus on these aspects in their lives (from his book: *Building Resilience in Children and Teens*):

1. Competence: Children acquire competence by mastering tasks and facing challenges. As parents one of the ways we can help children build competence is **by getting out of the way**. When we let children figure things out for themselves instead of helping and fixing, we send a powerful message: "I think you are competent and capable." Instead of lecturing, involve your children by asking them to make a choice. **Ask yourself:** Do I allow my child to make safe mistakes? Do I try to protect him/her from every trip or fall? Do I empower my children to make their own responsible decisions?

2. Confidence: True confidence does not come from telling children they are special. "Children who experience their own competence and also know they are safe and protected develop a deep-seated security that promotes the confidence to face and cope with life's challenges." **Some ways to build confidence:** catch them being good; offer genuine praise; set reasonable expectations (children live up or down to our expectations); play to strengths in the midst of a problem. **Ask yourself:** Do I see the best in my child so that he sees the best in himself? Do I help her recognize what she has done well? Do I avoid instilling shame in my child?

3. Connection: Dr. Ginsburg believes that "to be strong, children need unconditional love, absolute security, and a deep connection to at least one adult." Even though we want our children to become more independent as they grow, it is also important for them to have an interdependence on family, friends, and community. Children with close ties to others are more likely to have a solid sense of security. **Ask yourself:** Do we create a common space where our family spends time together? Do I foster healthy relationships and allow my child to develop close friendships with others (including other adults)?

4. Character: "Children need a fundamental sense of right and wrong to ensure they are prepared to make wise decisions, contribute to the world, and become stable adults." Here are some of Dr. Ginsburg's **ideas for developing character:** notice children's acts of kindness; treat each other and strangers well; promote responsibility; don't spoil your children; care about nature; work toward a better world; give to charity. **Ask yourself:** Do I help my children understand how their behaviors affect other people in good and bad ways? Do I allow my child to consider right versus wrong?

5. Contribution: "It is a powerful lesson when children realize that the world is a better place because they are in it." When children contribute, they recognize that they are a part of a larger community and begin to see beyond themselves. **Ways that children can contribute:** collecting coins to feed the hungry, cleaning the environment, opening the door for a parent with a stroller, doing family chores, participating in family meetings. **Ask yourself:** Do I provide opportunities for my child to give rather than receive? Do I teach the important value of serving others? Do I model generosity with my time and money?

6. Coping: Life is stressful. Resiliency at the core is about learning to cope with life's inevitable stressors. Dr. Ginsburg believes that "we might do our greatest good by raising kids with a wide repertoire of coping strategies." **Positive coping skills that you can teach and model to your kids:** identify and address the problem; avoid negativity; let some things go; listen to your body; eat well; sleep well; exercise; take instant vacations (ie reading). **Ask yourself:** Do I model positive coping skills and the importance of caring for our bodies? Do I create a family environment in which listening and sharing is safe, comfortable, and productive?

7. Control: When parents make all of the decisions for their children, they are denied the opportunities to learn control. "If children are to develop the strength to overcome challenges, they need to know that they can control what happens to them." **Ask yourself:** Do I understand that discipline is about teaching, not punishing or controlling? Do I discipline in a manner that teaches self-control and delayed gratification?

(tip source: *Building Resilience in Children and Teens* by Kenneth Ginsburg)

Staff Spotlight



Marcee Mungaray
4's and Bike Teacher;
Innovative Teacher's
Assistant

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

My Fun Fact:
I love music and singing

**My Favorite
Children's Book:**
The Skippyjon Jones books
by Judy Schachner

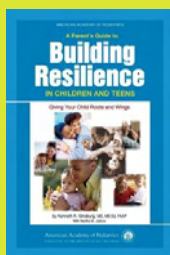


Dates to Remember

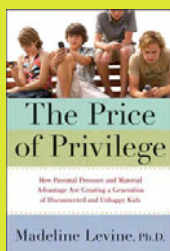
Monday May 31, 2010
School closed: Memorial Day

Reading Corner

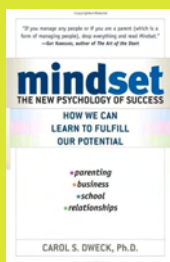
Books in the FRC library:



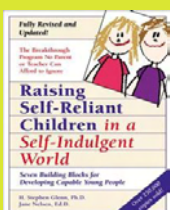
Building Resilience in Children and Teens
by Kenneth Ginsburg



The Price of Privilege
by Madeline Levine



Mindset: The New Psychology of Success
by Carol Dweck



Raising Self-Reliant Children in a Self-Indulgent World
by Stephen Glenn and Jane Nelsen

For a complete list of books in the FRC library [click here](#).

June 3 and 4, 2010

Last day of classes

June 7, 2010

Park Day

9am-12pm

Grant Park, Los Altos

[Online School Calendar](#)

Websites to Check Out

www.challengesuccess.org

An organization dedicated to building resilience in kids and challenging our society's view of success

[Dr. Ken Ginsburg's talk- part 1](#)

A broadcast of Ginsburg's presentation: "Building Resilience in Children and Teens"

[Dr. Ken Ginsburg's talk- part 2](#)

The second part of Ginsburg's presentation

Words to Inspire

"If a child has been able in his play to give up his whole living being to the world around him, he will be able, in the serious tasks of later life, to devote himself with confidence to the service of the world."

-Rudolf Steiner



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.childrenscenterpreschool.org

[Archives](#): link to past newsletters