

# May



### Seven Tips for Raising Caring Kids (continued)

5. Expand your child's circle of concern. Try this:

- \* Encourage your child to consider the feelings of those who may be vulnerable, such as a new child at school, and the perspectives of people who may not be on their radar, such as the elderly.
- \* Use newspaper or TV stories to **zoom out** and start conversations about other people's hardships and challenges.
- \* Help your child zoom in by emphasizing the importance of really listening to others, especially those people who may seem different.

6. Promote your child's ability to be an ethical thinker and a positive change-maker in their community. Try this:

- \* Provide opportunities for your child to join causes that interest them.
- \* Think out loud with your child. For example, start a conversation about an ethical dilemma you may see on a TV show.

## We've come to our last few weeks of school.

During May we will investigate insects, animal habitats and flowers. We will work on honing our language, writing and math skills & enjoy our last weeks together.

In case you forget what's happening at TCNSK you can always find **information** about school on the website; [tcnsk.com](http://tcnsk.com)

There you will find our classroom newsletter, calendar, camp info, etc.

On **Sunday, May 17**, all TCNSK students are invited to sing at the 10:00 am Trinity Church Service

**Summer Discovery Camp** is filling up! Get your registrations in soon to reserve a spot for your child or children. Email Mrs. B. for availability.

It's been a privilege to teach children at TCNSK for the last seventeen years. Even so, I will be retiring at the end of May.

Thanks for sharing your children with me. I am blessed to have known them, and you.

Mrs. Amy Sharadin



### Seven Tips for Raising Caring Children (cont'd)

7. Help children develop self-control and manage feelings effectively.

Try this:

- \* Help your child identify their difficult feelings, such as frustration, shame and anger. Encourage them to talk to you about why they are feeling that way.
- \* Practice three steps to self-control with your child.
  - 1). Stop. 2). Take a deep breath through the nose and exhale through the mouth
  - 3). Count to five
- \* Practice with your child how to resolve conflicts. For example, consider a conflict your child experienced and role play different appropriate ways of responding.
- \* Set CLEAR limits and boundaries.

*Raising caring, respectful, and ethical children has always been hard work but it's something all of us can do. And no work is more important and ultimately more rewarding. —Rick Weissbourd, Faculty Director of Making Caring Common*

Painted Lady Butterfly



### Dates to Remember

- May 1 & 15:** First Step Sports
- May 6:** Chapel 10 am
- May 17:** Children invited to sing at Trinity Church Service 10 am
- May 21:** End of Year Program 11:00 am