



# KAULC NEWS

## JANUARY/FEBRUARY

### 2019

## 5 Values You Should Teach Your Child by Age Five

Many parents think that it's premature to teach values to a toddler or preschooler. But that's a misconception. Here are the values that all children should develop by their fifth birthday, and some easy ways to make them stick.

### **Value #1: Honesty**

#### **Help Kids Find a Way To Tell the Truth**

The best way to encourage truthfulness in your child is to be a truthful person yourself. Your child takes his cues from you, so it's important that you try to avoid any kind of deception, even a seemingly innocuous one. (Never, for instance, say something like "Let's not tell Daddy we got candy this afternoon.") Let your child hear you being truthful with other adults.

Another way to promote the value of honesty: Don't overreact if your child lies to you. Instead, help her find a way to tell the truth. She knew right away what had happened: Once before, she had seen Janice making her Barbie dolls "climb the trees," and she'd told her daughter at the time that the plants were off-limits. When Mom demanded an explanation, a guilty-looking Janice blamed the family dog.

Janice's mom reacted sensibly: She interrupted her child's story and said, "Janice, I promise I won't yell. Think about it for a minute, and then tell me what really happened." After a moment, the child owned up to her misdeed. As a consequence, Janice had to help clean up the mess and was not allowed to watch television that afternoon, but her mom made sure to emphasize how much she appreciated her daughter's honesty. In doing so, she taught the child an important lesson: Even if being honest isn't always easy or comfortable, you-and other people-always feel better if you tell the truth.

### **Value #2: Justice**

#### **Insist That Children Make Amends**

At a recent family gathering, Amy and Marcus, 4-year-old cousins, were making castles out of wooden blocks. Suddenly, Amy knocked over Marcus's castle, and he started to cry. Witnessing the scene, Amy's father chided his daughter and ordered her to apologize. Amy dutifully said, "I'm sorry."

Then her dad took her aside and asked, "Do you know why you pushed over his blocks?" She told him that she was mad because Marcus's castle was bigger than hers. The dad told her that though this was no excuse for destroying her cousin's castle, he could understand her feelings. He then sent her back to play.

The father's reaction was similar to that of many psychologically savvy parents: He wanted his daughter to identify and express her feelings and to understand why she behaved as she did. That's okay, but it isn't enough. In order to help children internalize a true sense of justice, parents need to encourage them to take some action to remedy a wrong. For example, Amy's dad might have suggested that she help Marcus rebuild his castle or that she bring him some cookies as a gesture of apology.

Saying "I'm sorry" is pretty easy for a child, and it lets her off the hook without forcing her to think. Having a child make amends in a proactive way conveys a much stronger message. If you're aware that your child has acted badly toward someone, help him think of a way to compensate. Maybe he can give one of his trucks to a playmate whose toy he has damaged. Perhaps he could draw a picture for his sister after teasing her all day. By encouraging your child to make such gestures, you emphasize the importance of treating people fairly-an essential value that will one day help him negotiate the complicated world of peer-group relationships.

### **Value #3: Determination**

#### **Encourage Them To Take on a Challenge**

Five-year-old Jake showed his mother a drawing that he'd made with his new crayons. "That's very bright and colorful," she told him. "Nice job!" The child then ran to his room and dashed off another drawing to bring to his mom for praise-then another and another.

"Each one was sloppier than the last," his mother said. "I didn't know what to say." A good response might have been: "Well, Jake, that drawing isn't as carefully done as your other one. Did you try your best on that?"

Determination is a value that you can encourage from a very young age. The easiest way to do so is by avoiding excessive praise and by providing children with honest feedback, delivered in a gentle, supportive fashion.

Another powerful way to help kids develop determination is to encourage them to do things that don't come easily-and to praise them for their initiative. If your son is shy, for instance, quietly encourage him to approach kids on the playground, even if it makes him feel nervous and scared. If your daughter is quick to blow a fuse, teach her

## Important Dates to Note– January-February

1/1	New Year Day Holiday—KAU I & KAU II Closed
1/18	Wear Something White Day
1/21	KAU I & KAU II Closed for Martin Luther King Jr. Holiday
1/21-27	National School Choice Week—School Choice means giving families access to the best education for their child, in whichever environment they choose!
1/25	National School Choice Week “Sock-Hop Dance Party”, for Busy Bees, Caterpillars and Butterflies
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2/2	Groundhog Day
2/7	Mandatory “Parent Café” Meeting @ KAU II, 4:00-5:30 pm
2/14	“Parent Appreciation Day”, Special Morning & Afternoon Surprises
2/14	Valentine’s Day—Classroom Snack Parties
2/14	Wear something Red or Pink Day
2/15	Professional Staff Development Day—KAU I & KAU II will be Closed
2/18	President’s Day Holiday—KAU I & KAU II will be Closed
2/20	Small Smile Dentist Visit, based on families participating
2/27	Discovery Theater Field Trip—Kofi’s African Village, Butterflies and Caterpillars, 9:00 am departure

<b>New Student</b> —Zymir Taylor			
New Staff—Chenise Carter, Tiffany Ponger and Dayshawn Simmons			
<b>January Birthdays</b>		<b>February Birthdays</b>	
1/6	Laniya Flood	2/2	Musa Ward
1/17	Arman Paige	2/8	Ms. Cook
1/19	Jaice Carter	2/16	Mr. Law
		2/23	Jaden McCommons

## 5 Values You Should Teach Your Child By Age Five (contd.)

strategies (such as counting to ten or taking a deep breath) for holding back a temper tantrum. Congratulate kids when they manage to do things that are difficult for them. The child who hears "Good for you, I know that was really tough!" is bolstered by the recognition and becomes even more determined to keep trying.

### Value #4: Consideration

Teach Them To Think about Others' Feelings

Anne was frustrated because her daughters, ages 3 and 4, ended up whining and fighting every time she took them grocery shopping. "I finally told them that we needed to figure out how to do our shopping without everyone, including me, feeling upset," Anne says.

The mom asked the girls for suggestions on how to make the trip to the grocery store a better experience for all. The 4-year-old suggested that they bring snacks from home so they wouldn't nag for cookies. The 3-year-old said she would sing quietly to herself so she would feel happy.

The girls remembered their promises, and the next trip to the supermarket went much more smoothly. Leaving the store, the younger girl asked, "Do you feel really upset now, Mommy?" The mother assured her that she felt just fine and remarked how nice it was that nobody got into an argument.

Do these small problem-solving exercises actually help a child learn the value of consideration? You bet. Over time, even a young child sees that words or actions can make another person smile or feel better, and that when she's kind to someone else, that person is nice to her. This feedback encourages other genuine acts of consideration.

### Value #5: Love

Be Generous with Your Affection

Parents tend to think that children are naturally loving and generous with their affection. This is true, but for loving sentiments to last, they need to be reciprocated. It's chilling to realize that over the course of a typical busy day, the phrase "I love you" is probably the one that a child is least likely to hear.

Let your child see you demonstrate your love and affection for the people in your life. Kiss and hug your spouse when the kids are around. Talk to your children about how much you love and appreciate their grandparents, aunts, uncles, and cousins.

And, of course, don't let a day pass without expressing your affection for your child himself. Show your love in unexpected ways: Pack a note in his lunch box. Tape a heart to the bathroom mirror so he'll see it when he brushes his teeth. Give her a hug-for no reason. Don't allow

frantic morning drop-offs or frenetic afternoon routines squeeze loving gestures out of your day.

I can practically guarantee you that the more you say "I love you" to your child, the more your child will say "I love you" back. The more hugs and kisses you give, the more your home will be filled with love and affection. And when our children feel free to express their love to us, we instill in them perhaps the greatest value of all.

*Adapted from an article in Parents Magazine*

### FRUIT SALAD WITH YOGURT

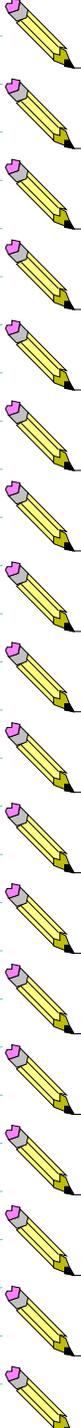
- 2 Cups of strawberries sliced
- 1 cup of blueberries rinsed
- 1 cup of pineapple chunks
- 2 tablespoons of pineapple juice
- 2 cups of low fat plain yogurt
- 2 tablespoons of sliced or slivered almonds

Place fruit in a bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature. Place 1 cup of fruit salad in small bowl and top with 1/2 cup of yogurt. Place almonds on top of each salad and serve immediately.

**Source: What's Cooking? USDA Mixing Bowl**



**We Are Learning From The World Around Us**



Your child will be introduced to some or all of the following topics through a variety of formats, including discussions, individual/group activities and projects, songs, story books, finger plays, pictures, field trips, special guests, technology, and outdoor experiences based on his/her development and interests. We encourage families to see the teacher's lesson plans posted in each classroom for more details.

**JANUARY**

Winter

New Year's Day

Martin Luther King, Jr.

Snow and Ice

The Color White

**FEBRUARY**

Black History Month

President's Day

Valentine's Day

Ground Hog's Day

Feelings

Dental Health Week

The Colors Pink and Red

