

# Raising Great Kids



OCTOBER

## Developing Good Moral Character

Most parents take the greatest care to make sure that their children get the best education. They also do everything to keep their children in the best of health. As children get older, parents do whatever they can to help them have a wide variety of experiences, e.g., sports, music, art, computer.

It is equally important that parents do all they can to help their children develop moral character. Here are a some points to help your children develop good character.

 Hold your children answerable. Accountability is important for good discipline and character development. When children are held accountable, there will be some suffering for them. They might have to return something they took from someone, or they might have to apologize. Don't try to "trick think" them out of it by saying "it's okay if you don't get caught."

 Teach your children in ways they can understand: when you act right, you feel right – when you act wrong, you feel wrong. The long term lesson is the more they choose to act right, the more they will feel good about themselves.

 "You are what you do." This does not mean we are to label our children. Instead, we should stress that they are accountable for what they do. Help them think carefully about what they do, because some of the things we want to "do" are not who we want to "be."

 Use good discipline and be a role model. Show children that life will not always go their way. Teach them how to handle disappointments and annoyances with grace. Children learn best by example. Give them the tools they need to develop good moral character. 

Source: Family Information Services.



### Safety Scoop

Here are some street safety tips for your children.

-  Teach children to obey traffic signs – stop, look and listen before crossing – even if there is a walk signal.
-  Teach children to cross the street at a corner or crosswalk.
-  Discourage children from playing in the street.
-  Teach children to walk, not run, to cross the street, and to always listen to the crossing guard, if there is one. 

Source: Family Information Services.



# Did You Know?

*Did you know that you can turn a “NO” into a “YES”?*

Many children misbehave by doing things in the wrong place or at the wrong time. Help children find the right place and time to do what they want to do.

*“No jumping on the bed”  
“Jump on the pillows on the floor.”*

*“No marking on the walls”  
“Use the markers to write on this paper bag.”*

*“No eating in the living room”  
“Let’s eat in the kitchen.”*

Finding a way to turn a “NO” into a “YES” can make everyone feel good. 🦋

Source: Family Information Service.



## **Banana-Pumpkin Foamy (makes 4-6 small servings)**

1 cup milk  
1 banana, sliced  
2 tablespoons canned pumpkin  
dash of cinnamon

Blend all ingredients together in a blender. If you do not have a blender, you can mash the banana with a fork and beat the mixture. 🦋

### **Kids Can Help**

Children can bring, measure and place ingredients in blender. They may use blender with adult supervision. They may assist pouring the foamy.

**All children must be supervised when they are in the kitchen.**



## **What are teachable moments? Do all families experience them?**

Teachable moments are the unexpected occasions that provide an opportunity to teach children important lessons in life. They allow us to communicate and do valuable teaching in a non-threatening way.

- 🧸 Look for opportunities to teach children about kindness and respect.
- 🧸 Remember negative situations can be a time for learning.
- 🧸 Listen carefully to the questions your children ask.
- 🧸 Pick up on the conversations your children have with other children, the pet, or even something that doesn't move, like a tree.
- 🧸 Pay attention to what children say as they watch television, as they read a book. 🦋

Source: Family Information Services, Linda Johnston.

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