

Parent Page November 2015



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7 Easy Ways to Teach Your Children to be Grateful for What They Have.

Here are some easy ways to incorporate instilling the virtue of gratitude in your children. As you go through your day, show them, the wonderful events going on behind the scenes that we all most usually take for granted.

1. Set the Right Example. It is better if you teach them by using the appropriate words at the right times yourself. How many parents do you see saying "Thank You" to there two or three year old children. It is through example that kids learn best, and teaching gratitude is no different than anything else in that respect. "Children Learn What They Live!"

2. Teach It Through Role Playing. You can play games with your children that implement the virtue of gratitude. Play the second chair and practice showing them how it feels to be on the receiving end of an unexpected, "Thank You!"

3. Teach by Showing Them How to Be of Service to Others. Even simple things such as holding a door for an elderly person, are small ways we can show them how others appreciate us and our actions. It is also a way to put a smile and a lift into a strangers day, which always creates a good feeling within the person who is doing the kind act as well.

4. Have A Gratitude Journal. Have the children tell you about the things they are grateful for. In just a few days this can help the whole family.

5. Teach Gratitude While Going Without Things. Teach them what we had to be thankful for that we normally took for granted. Simple things like, lights, heat, and being able to watch TV, were just a few that quickly came to mind.

6. Show them How to Be Thankful for the Little Things in Life. Simple examples could include; having food to eat all the time, friends to play with, and having plenty of toys and school supplies. Showing them examples of third world country children who go without these things is a way of teaching them appreciation for what they have, too.

7. Teach them to see the good in someone they don't like. You can even use a negative experience to teach them the value of being grateful. When I think of this, immediately what comes to my mind is the Walt Disney movie, "PollyAnna" where she played the "Glad" game and found many things to be grateful for in every situation she encountered. Renting this video, watching and discussing it with them would be a great, gratitude building quality time family activity.

As you go through your day, show them, the wonderful events going on behind the scenes that we all most usually take for granted. Things like the police, who protect us, the firemen who are there for those who need them, and the clerk at the grocery store doing her job to help us get our food. Simple thank you comments to all of these daily activities is the easiest way to role model appreciation that they will learn and emulate.

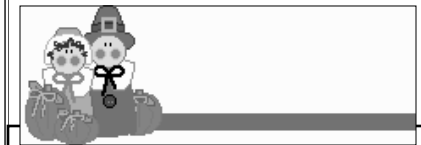
~Laurie Meade

Sweet Potato Balls Recipe Great Recipe to include children!!! Ingredients

- 2 cups mashed sweet potatoes
- 12 large marshmallows
- 3/4 cup finely crushed cornflakes
- 1/2 cup packed brown sugar
- 1/4 cup butter
- 2 tablespoons milk

Directions

1. Mold a spoonful of the sweet potatoes around each marshmallow; roll in cornflake crumbs. Place in a greased shallow 1-1/2-qt. baking dish.
2. In a saucepan, bring brown sugar, butter and milk to a boil; pour over the balls. Bake, uncovered, at 350° for 15 minutes. Yield: 1 dozen.



Hello Mr. Turkey

Author Unknown
Sung to: "If You're Happy and You Know It"

Hello, Mr. Turkey how are you?
Hello, Mr. Turkey, how are you?
His feet go wobble, wobble



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