

# Single Parent Networker

Ascension, Cathedral of the Holy Spirit,  
Corpus Christi, St. Anne, St. Mary, St. Joseph,  
Christ the King, and Spirit of Life

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## Allowance Basics

An allowance can be a great way to teach kids money management skills and help them learn how to make decisions, deal with limited resources, and understand the benefits of saving and charitable giving.

There's no single correct way to handle giving an allowance. Deciding when to start, how much to give, and whether you want to link the allowance to chores are choices that should fit your family.

### Starting an Allowance

No particular age is best for every kid, but consider starting an allowance by the time a child is 10 years old. By then, most kids have had experience making thoughtful spending decisions but still look to parents for guidance.

How much allowance should you give? It depends on your financial situation and what kind of commitment you feel that you can comfortably keep. Experts generally recommend that kids get 50 cents to \$1 per week for every year of their age — \$4.50 to \$9 for a 9-year old, for example.

Regardless of how much you choose, give the allowance regularly and increase the amount as your child gets

older.

### Allowance and Chores

Should an allowance be tied to chores? Again, it's a personal choice. Some experts think that it's important to make this connection so that kids learn the relationship between work and play. Others say that kids should have a responsibility to help with housework, above and beyond any financial incentive.

Ultimately, you must decide what works best for you. Whatever you decide, be sure all parties understand the arrangement.

If you give an allowance for doing homework, make sure that your kids understand what their responsibilities are and the consequences for not doing them. You might want to involve them in choosing the chores and then keep a chart posted to remind them what needs to be done.

It's important to be consistent. Following through on your promise to give a regular allowance sets a good example for your kids and is an incentive for them to honor their end of the bargain. If you don't keep up with the allowance, they might lose that incentive and stop doing the chores.

### Using an Allowance

How should kids spend their allowance? It's good to have

them use it for discretionary things, not essential purchases such as food or clothing. This lets kids make buying decisions — and mistakes without dire consequences.

You might want to encourage kids to put away a portion for charity and another portion for savings. If so, let them choose where to donate the money. It may be a cause a child can relate to in some way, like an animal shelter or a group that helps sick kids or to their church.

If some of the allowance goes to savings, consider setting up an account at a local bank. This way, your child can keep track of the money. Many banks offer special accounts for kids, and yours may enjoy the experience of getting mail, even if the mail is a bank statement.

### Beyond Allowance

Once the kids become teenagers, you might want to provide a quarterly clothing allowance in addition to the weekly allowance.

If you do, establish a reasonable budget and allow your kids to spend it as they wish — but also to honor its limits. If your son chooses to buy a \$95 shirt or your daughter opts for a pricey handbag, for example they might have to make compromises on other clothing choices.

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# EVEN JESUS GOT ANGRY

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Anger in itself isn't a negative emotion — it's what we do with it that matters. Saint Paul said, "Be angry, but do not sin" (Eph4:26). Even Jesus got angry when he saw the merchants defile the Temple (John 2:13-16), but his anger didn't cause him to sin.

Teaching children appropriate responses to anger gives them tools for life. Try these three ways to help:

**Give the words:** Many children hit because it's the only way they know how to express their anger. Have your child make a chart using words that describe feelings. Post it in a conspicuous area. Next time she gets angry, take her over to the chart and ask her to use the words listed to describe her feelings.

**Teach the signs:** Everyone has individual signs that we're getting angry. Ask your child to identify his warning signs. Does he clench his fists, breath faster, or get red in the face? Once he becomes aware, point them out when ever he first shows signs of getting angry so he can calm himself down before losing control.

**Choose a calming phrase:** "Calm down," or "I can handle this," are examples of phrases children can use to stay calm. Post the words she chooses throughout the house to help her remember.

## CELEBRATE THE EASTER SEASON

### Palm Sunday



Have a brunch or special breakfast celebration to remember Christ's triumphal entry into Jerusalem. Make a pledge to remain loyal to Him by following though on Lenten resolutions during the next week.

As a family, decide how and where to display the palms you receive in church.



### Home Decorations

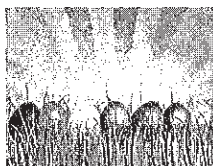
Symbols of Easter help us to celebrate the good news of Christ's resurrection in our homes.

Cut out crosses from bright yellow construction paper, make papered butterflies or purchase a lily.

Keep Easter baskets in view until Pentecost. Fill them with plants or hollow eggs.

Place a crucifix in a prominent place at home.

Light an Easter candle daily during meals or at bedtime during the 50 days of the Easter Season.



### Easter Egg Blessing

On Easter morning, ask all family members to sign the cross over their Easter eggs and say this blessing:

"God bless these Easter eggs, sign of new life busting forth in our home. Blessed are you, God of all creations, for the gift of your Son, Jesus. We rejoice in His resurrections. Alleluia, Alleluia, Alleluia."

Excerpts From *Faith and Fest*, 1996 © The Catholic Archdiocese



**Mirror On The Wall** — every night before you go to bed tape a little prayer or thinking of you love note on the mirror for your children to see in the morning. It's a nice reminder that you love them and so does God.



Your children will become who you are; so be who you want them to be.

- Anonymous

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it myself.

- Joyce Maynard

## Easy Easter Recipes for Kids

### Easter Brownies

- 1 box of brownie mix
- 1 cup marshmallows
- 1 cup Easter M&M's (Pastel)
- 3 Tab melted Chocolate Chips

Prepare brownie mix as directed, when 2 minutes are left to bake, remove pan and sprinkle the marshmallows over the top of the brownies. Return to oven until the marshmallows are puffy. Once removed from oven sprinkle the M&M's over the top of the marshmallows. To secure the M&M's drizzle the melted chocolate chips over the top of the brownies. Kids will love helping with this yummy recipe.

### Rice Krispies Nests

- 3 Tab. Butter or margarine
- 5 cups miniature marshmallows
- 6 cups Rice Krispies

Melt the butter, add marshmallows until all are melted. Stir in the cereal and when mixed thoroughly by tablespoon mold into a small nest with dent in the center. When set fill with jelly beans or your favorite small candies.



## Parenting Pointers

566. Apr. 4: April is Child Abuse Prevention Month. Review basic safety rules with your child.

567. Apr. 11: April 13 is Palm Sunday. Tell your children the story of how the people praised Jesus by waving palms. Of course just a few days later we remember Jesus' crucifixion on Good Friday.

568. Apr. 18: Good Friday "In a family you don't have to look very far to find your cross" a father observes in Follow the Way of Love. Who in your family seems to have a mission to purify YOU today, to teach you patience, to challenge you? What cross do you bring to the others in your family?

569. Apr. 25: Earth Day was April 22. Did you save any trees, compost, or reuse water bottles? It's not too late. The Earth is waiting for your care. Perhaps you and your child could adopt a park, street, trail, or yard to clean up this weekend.

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**ALLELUIA**

*Alleluia*

*Alleluia*

*He is not here. Christ is risen indeed!"*

*Today do something good out of love for our risen Lord!*



## EASTER PRAYER

God our Father,  
Today we celebrate the rising of your son Jesus. We thank you  
for this day to shout for joy about what he has done for us.

Throughout these forty days of Lent we have worked to show  
you how much we appreciate all that he did by his suffering,  
agony and finally death on a cross.

Your love for us is never ending, inspire in us a love for others.

Show us how to be kind to reach out to those who may need a helping hand, a kind  
word or a soft touch. Let others see you in everything we do.

Amen

### **Beginning Experience:**

Separated, Divorced, Widow

Barbara at 701-226-7719

Level I—Charity Lutheran

Level II—Faith Lutheran

Level III—Good Shepherd

Each level is 10 weeks. All levels run  
concurrently. See website below.

### **Children's Beginning Experience:**

Susan at 1-701-258-3152

Free Preschool for 3&4 year olds for  
eligible families, contact BECEP at 701-  
323-4400 for school year.

**Caring for Children Program**—health  
coverage to uninsured children. 1-800-  
342-4718. [www.ndcaring.org](http://www.ndcaring.org)

### **Single File Newsletter**

For information

[www.bismarcksinglefile.com](http://www.bismarcksinglefile.com)

### **Parish Information:**

Cathedral—222-2259

St. Anne—223-1549

Ascension—223-3606

St. Mary- 223-5562

Corpus Christi—255-4600

Spirit of Life-663-1660

Christ the King -663-8842

St. Joseph -663-9562

### **Office of Family Ministry—Diocese of Bismarck—**

Joyce McDowall 701-222-3035

Toll Free 1-877-405-7435

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[jmcdowall@bismarckdiocese.com](mailto:jmcdowall@bismarckdiocese.com)

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**If you would like your name removed  
from the mailing list, please call your  
parish coordinator**

**Parents Forever-Education for Families in divorce Transition**, call NDSU Parent Resource Center, 667-3342 or 667-3340

### **WEBSITES THAT MAY BE OF INTEREST:**

- [www.celebratesimply.com](http://www.celebratesimply.com)
- [www.bereavementmag.com](http://www.bereavementmag.com)
- [www.beginningexperienceofwesternnorthdakota.org](http://www.beginningexperienceofwesternnorthdakota.org)
- [www.vibrantfaithathome.org](http://www.vibrantfaithathome.org)
- [www.usccb.org](http://www.usccb.org)

[www.fambooks.com/moms.htm](http://www.fambooks.com/moms.htm)

[www.singleparents.about.com](http://www.singleparents.about.com)

[www.bridgetobenefits.org](http://www.bridgetobenefits.org)