

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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Teaching Children Courage

It is said that courage is the ability to face fear and to proceed anyway. Many children, and adults for that matter, get bogged down in their fears and fail to realize their goals, and the contributions they have to make to the world. Quite simply, fear can make someone less than they are. Below is a discussion of three fundamental ways to help the anxious child be courageous in the face of his fears.

1. Courage in the pursuit of goals.

Courage in the pursuit of goals is about teaching children persistence in the face of failure. Nobody likes to fail; however, some people take failure more to heart than others. Often, children who quit easily after failure believe that falling short of a goal affects their inherent value as a person. Quite understandably, they become afraid to put their self-worth on

the chopping block a second time, and so they abandon their goal. These kids believe there is no room for failure because they feel that they must be perfect to deserve love, respect, friends, social status and other good things in life. Let children know that they are loved and valued regardless of their achievements. If you praise children's efforts rather than the results, it will encourage them to keep trying in the face of failure. Also, praise their fortitude, strength and courage when they persist in trying.

2. Courage to stand up for principles.

Children often face heavy peer pressure to be one of the crowd, to do what the crowd does, and to believe what the crowd believes. A child who doesn't tow the line may find himself ostracized by his peers. Being the odd man out can be emotionally devastating

for kids. So how can we help kids to stand up for what they feel is right, when they face such high stakes? First, explain to children that although they may receive a negative reaction from peers initially, over the long haul, they will be respected for having the strength to voice their opinion. It is important for parents to praise their courage in the meantime. Second, explain the dynamics of groups. Very often in groups, not all members agree although they may behave as if they do because of pressure from group leaders. Very often when somebody challenges status quo, it will give courage to other members of the group to speak up as well. Third, explain the importance of standing up for what you think is right. Standing up for what one believes could make a significant difference in the lives of others. Perhaps, it could stop the bullying of a child, or a child's experimentation with drugs.

3. Courage to seek quality relationships.

Teach children that they deserve to have people in their lives who are kind and treat them well. If your child is involved with a peer who is unkind or bullying, reflect back to your child that the friend's behavior is not acceptable. Encourage your child to either address the behavior with the friend (this may not be advisable if the friend is a true bully), or seek out more respectful relationships. Seeking out new friendships often times involves facing the fear of rejection. Support your child in this process, talking with him about how to make new friends, and praising his efforts.

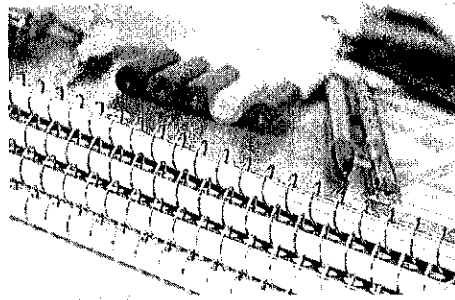
<http://www.articlecity.com/terms.shtml>, Cindy Jett, LICSW



Assumption of the Blessed Virgin Mary August 15th

This day commemorates Mary's assumption of body and soul into heaven, when her earthly life came to an end.

Mary's assumption into heaven is a sign to us that through God's grace, and our efforts on earth we may one day join her in heaven praising God.



CHILD'S PRAYER BEFORE THE FIRST DAY OF SCHOOL

Loving Father,
We aren't sure
we feel like celebrating today,
because tomorrow is the first
day of school.

Some kids like school;
some kids don't.
Some days we like school;
some days we don't.

There's a strange feeling
inside
because we don't know
what's coming.

We give you this feeling,
Father,
and this year of school.

Please be with us
so we'll look for what's good
each day
and then do our very best.

Amen

Don't be afraid to stand for
what you believe in, even if
that means standing alone.
—Unknown

Three things you cannot
recover in life: the WORD
after it's said, the MOMENT
after it's missed and the TIME
after it's gone. Be Careful!"
— Unknown



Parenting Pointers

583. Aug. 1: "All you who are thirsty, come to the water!...Come receive grain and eat...wine and milk!" (Isaiah 55:1) What is your family's favorite drink or food? Pick a day this week for each person to have one favorite food or drink.

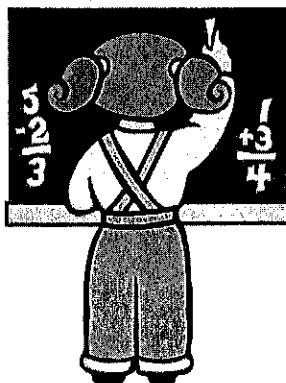
584. Aug. 8: 10 Life Skills Your Teen Needs Before Leaving Home. #4 is *Good Social Skills and Manners*. #5 is *Auto Maintenance*. #6 is *Essential Domestic Skills*. Only auto maintenance needs to wait till the teen years. Start at whatever age your child is. <http://imom.com/10-life-skills-your-teen-needs-before-leaving-home/>

585. Aug. 15: The Assumption. Mary's "Yes" of the Magnificat was the vehicle for God's entry into human history. Her Assumption into heaven brings closure to her role on earth - or does it? Just as the birth of your child is not the end of a mother's labor so when your child moves out of your home it is not the end of your parenting.

586. Aug. 22: Jesus said to the apostle, Simon, "I say to you, you are Peter" which means rock. (Mt. 16:18) Does your child know what his/her name means? Do you have nicknames or pet names for any of your children? Do they know the Saint their name comes from?

587. Aug. 29: 10 Life Skills Your Teen Needs Before Leaving Home. #7 is *Being a Good Judge of Character*. #8 is *Work Skills and Basic Responsibility* Any teen will flub these goals occasionally. That's what you're there for - to be there for the training period. <http://imom.com/10-life-skills-your-teen-needs-before-leaving-home/>

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A PICTURE PERFECT START TO SCHOOL

Summer, what could be better? Swimming, ballgames, vacations, camp, trips to the zoo and many more fun activities have filled the lazy days of summer. It is now time to think about the transition from the lazy days of summer to the sometimes craziness of back to school transitions. Here are a few suggestions that may make the transition one that is less stressful.

Three weeks before

- ⇒ Begin to organize school clothes and supplies.
- ⇒ If needed, plan a school clothes shopping trip.
- ⇒ If your school provides a school supply shopping list and you have more than one child make a combined checklist so that one stop shopping will be possible.
- ⇒ Organize containers at home with everyone's name and begin placing items in each child's container as you check them off your list.

Two weeks before

Begin to re-establish school time routines after the summer of entertaining, vacationing and camps.

- ⇒ If your child has been staying up until 10 p.m., start to change bedtimes and wake-up times now, in half-hour increments.
- ⇒ If their meals have been at irregular times, get back on track. Re-establish the habit of a healthy breakfast.
- ⇒ Begin to reduce screen time and re-introduce reading time. Limiting computer and/or TV time will help with a successful school year.

A Week Before

It is getting down to the nitty-gritty now. Here are a few last minute preparations.

- ⇒ Take advantage of school orientations or schedule your own. Scoping out classrooms, meeting the teacher and locating bathrooms in advance can help children feel more relaxed in the school environment.
- ⇒ Have the whole family create a schedule for school days. Including morning and after-school responsibilities and when and where homework will be done.

The Big Day

Try the following tips

- ⇒ Minimize morning madness by preparing the night before. Set out clothes and put the backpacks by the door.
- ⇒ Try not to yell, criticize or argue about the start of the day because children will arrive at school upset. Send them off with messages of love and support.
- ⇒ Plan a nourishing breakfast.
- ⇒ Don't forget the first day of school photo.
- ⇒ Plan a celebration dinner for the 1st day of school, ask each child to share their day.
- ⇒ Pour on a good dose of self-esteem by cheering each accomplishment. Recognizing the gifts each child has and being their cheerleader will help them grow into strong, capable adults.



Spiritual Affirmations for Children

I am a loving child of God
 God made me perfect
 Angels are protecting me
 God is with me, I can do anything
 God loves the little children

Beginning Experience:

Separated, Divorced, Widow

Tara at 701-426-8303

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

Single File Newsletter

For information

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 701-204-7209

Toll Free 1-877-405-7435

www.bismarckdiocese.com

jmcdowall@bismarckdiocese.com

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
- www.bereavementmag.com
- www.beginningexperienceofwesternnorthdakota.org
- www.vibrantfaithathome.org
- www.usccb.org

www.fambooks.com/moms.htm

www.singleparents.about.com

www.bridgetobenefits.org

PARENT'S BLESSING OF A CHILD

A good family custom is the parents' nightly blessing of each child at bedtime.

The parent makes a cross on the child's forehead when saying goodnight or tucking the child into bed.

The parent then recites this verse from scripture:

"The Lord Bless and keep you,

the Lord make His face shine upon you,

and be gracious unto you.

The Lord lift up His countenance upon you,

and give you peace.

Amen.

(Numbers, 6)

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