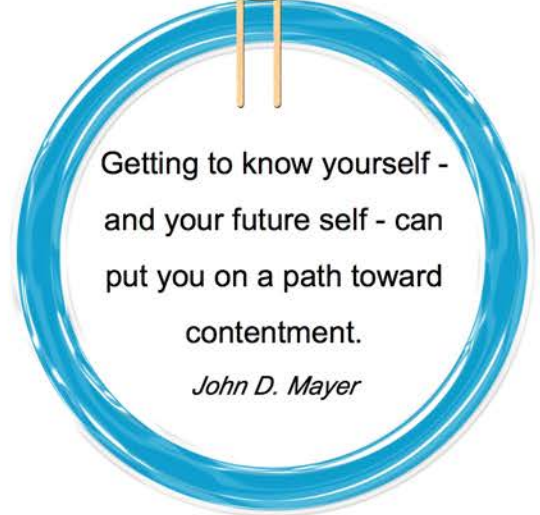


## recipe for: CONVERSATION

from the kitchen of: KIDS 'R' KIDS LEARNING ACADEMIES

Don't worry if cooking isn't your strongest skill..your child will reap the educational and emotional rewards from conversation, not chicken cacciatore. "Informal discussion topics ('How was your day?; 'What are you discussing in science?' 'How will you study for that test?') lets your child know your family values of learning. Children who eat at least 5 meals a week with their families are more likely to achieve higher grades in school and are less likely to develop an eating disorder. If everyone in your home is on a different schedule and can't enjoy dinner at the same time, find another meal (like breakfast or and evening snack) when your family can sit together and review the day's events.

Source Borba from Columbia University.



Getting to know yourself -  
and your future self - can  
put you on a path toward  
contentment.

*John D. Mayer*

## Building Self-Image

Clearly much of a child's self-image is based on the way society views the child. A child who feels she belongs to a family, community, and culture will develop a healthy self-image. This is why it is so critical that school and early childhood programs support a child's home environment, race, language, lifestyle, and values.

Francis Wardle



Sign-Up Now  
2014 Camp  
Nature Kids  
Summer Camp



### Learning While I Play by: Peter John

(continuation from March newsletter).

Rusty and Tony helped us plan what we would do. We collected some props - buttons to use as pills, a stethoscope, folders, and a clipboard with paper and a marker for taking notes. Rusty said he would bring in his dog, Sandy, who had a bad scratch. Tony would bring in his iguana, Bert, who wasn't as green as he used to be. After planning what we would do, we started to play and had a good time figuring out how to help Sandy and Bert. Rachel counted the pills Sandy would need to take for one week. She made a note and put it in a folder. I helped Tony think about warm places where Bert could lie down and get more sun. If Bert is in the sun, he gets greener. Tony drew his house and marked where the windows let in a lot of sun. (Story will continue in May's newsletter).



Plant a tree with your child to signify a milestone. My son, who is now 22 and graduating from college in May, planted a baby oak tree when he graduated from high school. It was actually his idea, but what a great one! The tree has grown and every time I see it, it reminds me of my first born and all he has accomplished.



## Balancing Work & Family

Rather than dwell on how you're not with your child, think about how your role in the company is benefiting the family. Perhaps you can afford certain classes or educational opportunities for your child or you're able to put away savings for college. The most successful career moms have found ways to be efficient in both worlds that requires being able to come to terms with choices and focus on the priorities that are in the moment. Accept that there will be good and bad days. Working mothers should know they are not alone and they should discuss their feelings with spouses or support groups. Local mom blogs, such as Working Moms Against Guilt, are a great way to reach out to others trying to find the same work-home balance. Source Lisa Pierson Weinberger - Attorney and Founder of the website Mom, Esq.





Spend "child-centered time" with your child every day. This means putting away all distractions (smart phone, TV, computer, etc.) and getting on the floor, giving your full "face-to-face" attention, letting your little one lead playtime. "Do what the child wants to do, not what you want the child to do." This isn't a new concept, but it can be extremely difficult for many parents. Start by dedicating just five minutes of playtime each day. "Inevitably, what happens, is parents want to play more with their child." If you have multiple kids, spend time individually with each one; combine their playtime only if they request it. This is a time where you discover a great deal about your child. What he or she is thinking, how they solve problems and most importantly, what makes them happy!

Joyce Nolan Harrison, MD - Child & Adolescent Psychiatry  
at John Hopkins Children's Center



## The Never-Ending To-Do List

 HELP!

Divide your to-do list into 3 categories: Don't - Delegate - Do. There's always one thing on your list you know you're not going to do. Cross it off. Go through each item and ask yourself, 'What happens if I don't do this?' If you're doing a task out of guilt or habit, move it to the Don't section. Decide if someone else can do the tasks in the Delegate column. Could a spouse, babysitter, coworker or good friend / neighbor handle something? For the items that must get done, draw or put stickers of a happy face next to the things you like to do, a dollar sign by items that save or make money, and a clock next to tasks that will save time later. These simple symbols will remind you why these things matter. Source Stephanie Vozza, author of *The Five-Minute Mom's Club: 105 Tips to Make a Mom's Life Easier*.

## Respect Different Learning Styles

Surround your child with love, happiness, and encouragement, so they have the confidence to reach their goals!

Just because you may need complete silence while typing an e-mail or paying your bills, doesn't mean your child needs a noise-free environment while doing his or her homework. There are 8 kinds of intelligences, or ways kids learn best, some that include musical, logical-mathematical, linguistic, and interpersonal traits. The trick is to pay attention to how your child learns best so you can identify his or her specific learning style. For example, if your school age child is visual, consider using flash cards when he or she is trying to memorize multiplication tables. If your child falls into the interpersonal intelligence category (has people smarts), help him improve his vocabulary by connecting descriptive words to people like friends, relatives, and historical figures.

*Source Amy Capetta*



## Fun Activity for Counting



## The Busy Parent Cook Book

Kids 'R' Kids Learning Academies would like to write **The Busy Parent Cook Book**. However, we need your help, since you are the busy parent. All you need to do is share your favorite, quick and healthy recipes for breakfast, lunch, dinner or snacks with me and I will put it all together in one book and share it among all the Kids 'R' Kids Academies. Please submit your recipes to [darlene@kidsrkids.com](mailto:darlene@kidsrkids.com). Deadline for recipe submissions is May 2, 2014. If this is successful, every parent who attends our preschools will receive a free copy of this book before the end of the year.

