

Muscogee County School District's

School Social Work Department

Happy Holidays!

Dates to Remember:

December 22

End of 1st semester

December 23

Christmas Break (No School)

**Remember, school starts back
1/06/20.**

Dear Parent,

December is here and with this brings the end of the school semester. We at Muscogee County Social Work Department hope that you have a joyous and relaxing winter break with your child over the winter holidays.

Building Healthy Self-Esteem in Your Child

As parents, we spend a large amount of our time making sure that are children's daily needs are met, running them from place to place, making sure their homework is complete, their grades are good, they are feed, and the list goes. However, we as parents know that these are just to day to day tasks. The overall big picture of parenting is to raise successful, well adjusted, responsible adults. However, often times we are meeting their physical needs and not thinking of how we are meeting their emotional needs, as this is not something that we see or something that we are reminded of on a daily basis. Raising self-confident children who believe in themselves and are independent is one of our main parenting goals. Below are a few tips to help you on the journey of raising your child's self-imagine and helping them in the journey of becoming self-efficient adults. By Lauren Penton

- Praise your child when they are doing well, whether it be school or sports. When they struggle with something, make sure to encourage them to work hard and praise small accomplishments they make, while encouraging them to continue to work hard.
- Encourage your child to try new things and don't let him/ her give up when it gets hard.
- Let your child see their failures as a lesson, not a stopping point. Encourage your child by telling them of times that you have failed, but continued to try and eventually succeeded. Your child needs to understand that failing one time does not mean that they are a failure. Sometimes it means you need to try harder or a different way to reach success.
- Don't pressure your child. Sometimes the pressure and fear of failure will stop your child from trying.
- Allow your child to try new things. Experimenting will cause them to grow and gain self-confidence through their experiences.

Myers, Randi C. (2015, June 3rd) How to Build Your Child's Self-Esteem. (web blog post)
Retrieved from <http://www.todayparent.com/family/parenting/how-to-build-your-childs-self-esteem/>

The way we
talk to our
children
becomes their
inner voice.

-PEGGY O'MARA

www.babysavers.com



Winter Activity Bucket List

Winter is officially here. With the kiddos out of school for the winter break, over three weeks of freedom from school, sometimes parents just need a few ideas to keep the kids busy and your stress down, maybe just a little. © by Lauren Penton

Make paper snowflakes. Bake Cookies. Go to the library. Have some hot chocolate. Build a fire and make s'mores. Make popcorn garland. Read your favorite books, over and over again. Build a fort and let your imagination run wild. Play hide and seek. Break out your cards and learn some new card tricks. Make holiday scented playdough. Clean out your old toys and donate them. Write a letter to a family member or friend. Break out the board games and have a family game night. Dig out the Legos and build an awesome village. Get out your favorite watercolors or crayon and get to drawing. Make a gingerbread house. Grab a mason jar and some fake snow or torn up paper, make a snow globe with whatever you like as the main interest. Plan a day to lay around and watch movies all

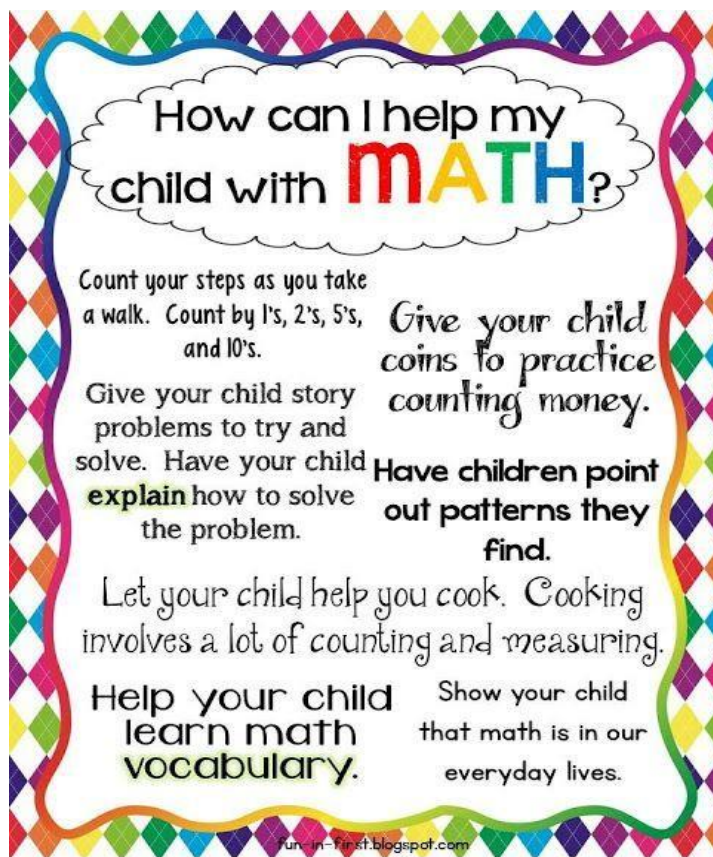


Finding Balance

By Lauren Penton

The holidays can be a crazy time for us all. This is usually the busiest time of year for many. While family holiday celebrations can be a lot of fun, this can also be an extremely stressful time of years for some. It is important for you to find small bits of time to unplug from others and focus on caring for yourself. Below are a few ways to rejuvenate your spirit.

- Are you a member of a church or spiritual service community? Find time to visit your worship community and sit among others to absorb their guidance or any words that may help you obtain peace.
- If you're able, take a mental health day for yourself. Binge on Netflix shows, treat yourself to a pedicure, or get outside. Do something just for yourself and take time to refuel so you can give your children a healthier mother or father.
- If you're crafty, find some Pinterest projects that are simple, yet rewarding. Make a craft or do a small home repair. This is only for those who enjoy being crafty, as this can be a stress reliever and way to free your mind.
- Get up early and watch the sunrise. If you are not able to watch the sunrise, take a moment and watch the sunset. Find peace in small moments by yourself.
- Wait to your kiddos go to sleep and then take a long, hot bath. This is a small way to pamper yourself and give yourself time to unwind from your hectic day.



Southard, Jodi. (2013, July 1). Tips for Parents.. How to Help my Child Succeed. (web blog post) Retrieved from <http://fun-in-first.blogspot.com/2013/07/tips-for-parentshow-to-help-my-child.html>