

Muscogee County School District's

School Social Work Department



Dates to Remember:

March 11

End of 3rd 9 weeks

March 18

Report Cards go home

March 29

Spring Break Week Begins (No School)

Dear Parent,

March is here and it is time for Spring to visit!! However there is a more popular event among us, at least in your children's eyes. That would be the long awaited Spring Break!! We hope that you and your child enjoy a restful spring break and are ready to come back to school and finish out the school year long.

Getting Your Child to Help Out Around the House

If your household is anything like mine, its constantly a struggle to keep the house from looking like a war zone and getting my kids to pitch in to help keep the house decently clean. Like many of you, I had to complete chores as a child and always felt that it was important for my children to help out with chores around the home. Sometimes it can be hard to motivate your children to help out, but its important as parents to divide out chores for your child. Not only does this help you in keeping your home clean, it teaches your child about responsibility, hard work, values, respect for their own items, as well as your home, and is helping you to raise independent minded children. Let's face it, these are many of the goals that we are all striving towards when raising well balanced children, but sometimes forget to enforce in the hustle and bustle of everyday life. All children, even little kids, have the ability to help out around the house in some small way. Not only is this giving you a gift of having help managing your household, but your child can take pride in their contribution to your house. With spring break right around the corner, this is the perfect time to implement a chore list for each of your children. I have attached a chore list to this newsletter that provides ideas of chores that your children can help with around your home, according to their age. This listing and many more examples of chore lists for kids can be found at

<http://www.theidearoom.net/2015/08/chore-charts-for-kids.html>. As always, I would advise you to tweak this list according to your child and their abilities, as well as your own needs around the house. Possibly consider adding a reward system for their efforts. Not necessarily money as many of us may think; think outside of the box! Extra screentime, tv or game system time, a fun activity. Any reward that your child would enjoy, but it does not have to anything extravagant. Make this a fun thing for your child and for you. By Lauren Penton

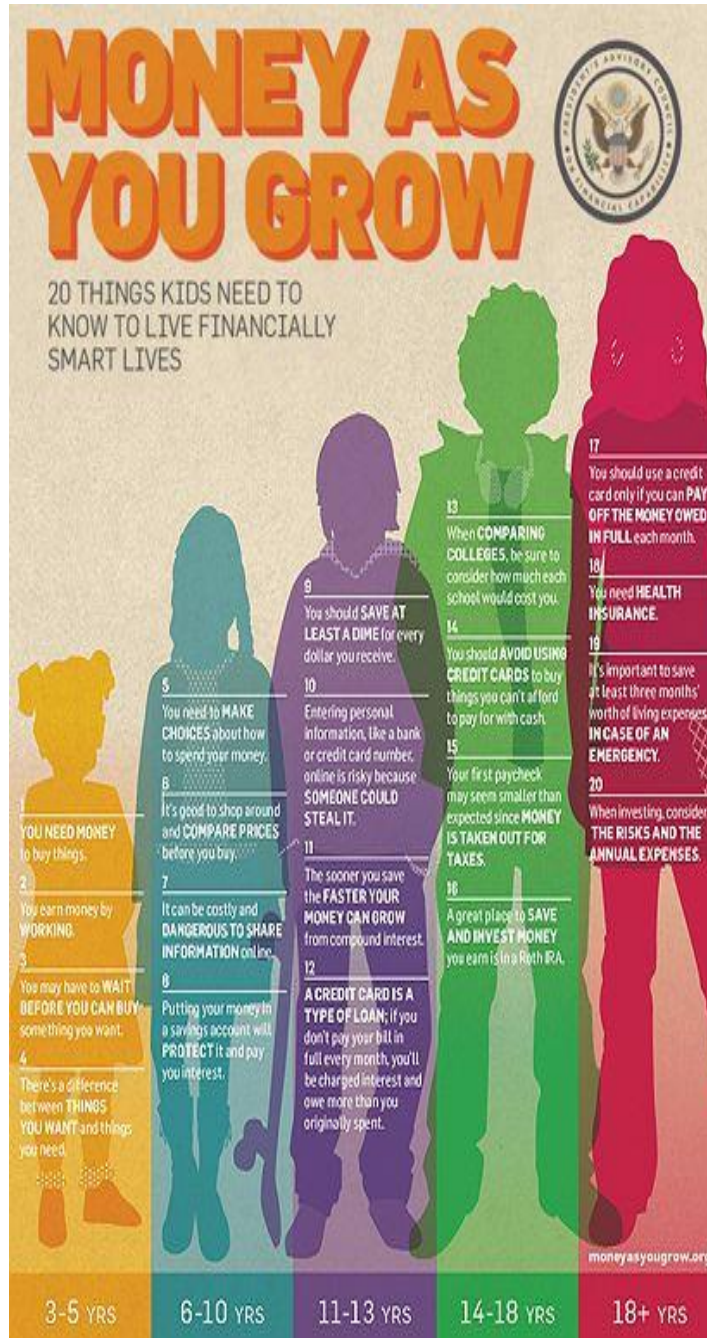
CHORES *by age*

TODDLER 2-3 YEAR OLDS	PRESCHOOLER 4-5 YEAR OLDS	
Make bed	Load dishwasher	
Take clothes to laundry	Set table	
Put clean clothes away	Water plants	
Clean up toys	Help feed pets	
	Match socks	
	Clean room	
ELEMENTARY 6-9 YEAR OLDS	TWEEN 10-12 YEAR OLDS	
Sweep	Take out trash	
Sort laundry	Fold Laundry	
Wipe counters	Vacuum	
Help with meal prep	Mop	
Empty dishwasher	Clean toilets	
Pull weeds	Make easy meals	
TEEN 13+	Make meals/meal plan	Mow lawn
	Clean fridge	
	Babysit	

Mique. (2015, January 8) 5 Reasons Kids Need to Help Clean. (web blog post) Retrieved from www.thirtvhandmadedays.com/2015/01/kids-help-chores-by-age/

Teaching Your Kids About Money

Finances is something that is hard for most kids, a lot of adults, to completely understand. Frequently it is a topic that many parents do not adequately discuss with their children, as we assume that they will learn over the years and frankly, it does not become a priority during the business of raising our kids. As a result, we have many adults that are not able to manage their finances and become financially irresponsible. Below are a few pointers on how to talk to your children about finances and how this growth should occur over the years of childhood. For more information, please visit <http://www.consumerfinance.gov/money-as-you-grow/>. They have great information in regard to teaching your children finance



Money as You Grow. (website) Retrieved from <http://www.consumerfinance.gov/money-as-you-grow/>

An empty lantern provides no light.

Self-care is the fuel that allows your light to shine brightly.

PiperLarson.com

Finding Balance

By Lauren Penton

Spring is right around the corner and this brings a new season full of activity for many of us. Baseball, softball, and soccer practice, yardwork, spring break, and many more events cause this month to be extremely busy for many of us. Find time to make sure that you are taken care of, so that you can fulfill all of your responsibilities and keep up with your daily activities.

- Go for a walk, bike ride, or some type of physical activity to give you some time to think about whatever may be bothering you. What better way than getting some physical activity in and focusing on yourself.
- Grab your cookbook and whip up some new recipes that you have been wanting to try.
- Tired of trying to keep up with everyone and feeling tied down to your phone? Go electronic free for a few hours, few days, or even longer. Give yourself a break from trying to keep up with everyone.
- Take up a new interest. Try a new activity that you've been wanting to try for a while.
- Practice giving gratitude. Give compliments freely to others. Seeing others feel lifted by yours will give you power and make you feel better about yourself, helping improve your mood and spirit.