



**Volume 21 – Issue 1
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Ten Ways to Encourage Your Child's Individuality

Character traits such as responsibility, courtesy, respect, and self-discipline do not develop in a vacuum. As a parent, you are a role model and a mentor. Encouraging individuality is one way to support your child and to create an environment in which character strength can emerge.

- * Don't compare her to anyone else, including yourself, her siblings, the neighbors, or other children her age.
- * Accept that he may like many things that you don't, and that he may hate things you really value and like. Remember that these differences are among the many things that make him special.
- * Make a list of your child's talents, preferences and best attributes. Add to this profile whenever possible.
- * Difficult as it may be, drop your agenda for who (or what) you want this child to be (or become). Accept your child for who she is and was meant to be.
- * Examine your attachment to his appearance, interests, preferences and goals. (To what extent do you need him to look or be a certain way so that you feel competent as a parent or validated as a person? To what extent are you embarrassed by—or apologetic for—the choices he makes?)
- * Encourage her attempts to explore her identity, even though it may seem to take her in some strange directions sometimes.
- * Quit worrying about what the neighbors (or your relatives) are saying.
- * Let him select and wear his own clothes. (If he's young or has a hard time making decisions, you may want to limit the choices. For example, "choose either one of these two sweaters" or "Pick any t-shirt in this drawer.")
- * Remember that today's identity may soon be yesterday's experiment.

Source: Jane Bluestein, PhD in *Family Information Services*



Celebrate “Our Family Day”

Materials needed: poster paper, markers, party supplies, cake, candles

1. As a family choose a day to celebrate your family. Mark your family day on the calendar.
2. Take pictures or videos of the events of the day.
3. Make a poster. Glue a picture of each family member on the poster leaving space underneath each picture. Encourage each family member to write something positive about each family member.
4. Plan a special meal and encourage everyone to help—adults and older children cooking, younger children setting the table.
5. Light a candle on a cake for each member of the family. Take turns making a wish for your family then blow out your candle.
6. Close your celebration with stories about fun, exciting, or otherwise meaningful times you have shared with each other during the past year.

Turn on the music

- Put on your favorite song & dance
- Get your children involved
- You will have fun while getting some physical activity
- Make it an everyday event

Safety for your child

- Every year, millions of children are injured. As a parent, you can help by doing your homework and learn how and why kids are getting hurt.
- Learn what you can do at www.safekids.org

Glennie Daniels

Glennie Daniels
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Smart Snacking

Snacks provide a way for children to refuel and sustain their energy until the next meal. Choose snacks from all the food groups to keep options interesting and kids healthy.

Canned fruits
packed in juice

Quartered
sandwiches with
sliced cheese and
lean ham

Ready-to-eat
cereals

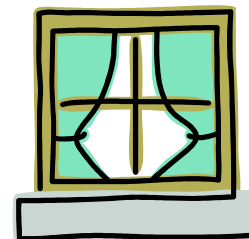
String cheese or
mini yogurt cups

Peanut butter
spread thin on
celery sticks (serve
to older children;
may cause choking
in 2- to 3-year olds)

Things to Do in January and February

- ✓ Learn to say thank you in another language.
- ✓ Draw a picture of what you see outside your window.
- ✓ Visit a city you've never been to before.
- ✓ Eat a healthy lunch.
- ✓ Learn to do a new chore around the house.
- ✓ Wear something red.
- ✓ Give someone a special hug.
- ✓ Sing a new song.
- ✓ Look at a calendar and find the month your birthday is in.
- ✓ Play outside every day.

Gracias



Grazie

Merci

PARENT'S PAGE in electronic form is available by providing your email address to Beth_Rogers@ncsu.edu or by calling our office at 828/465-8250.

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