

Child Care Connections

September 2023



FAMILY TIME

NEWSLETTER

It's all about Family



Here at *Child Care Connections*, we value the Families in our Community and always strive to provide you with the best support services and resources to help you on your parenting journey. This monthly newsletter will include parenting resources and information on important community services, as well as fun at home activities for the whole family!

Have a suggestion or request for an upcoming newsletter?

Contact us at: amurray@fowinc.org

The Power of Perseverance

The start of a new school year is the perfect time to talk to our children about “perseverance”. As adults, we know that things don’t always go the way we plan. Sometimes we don’t meet some goals and that can feel defeating. As the school year goes on there may be some goals our children are struggling to meet both in school and at home. Take a look below for some tips on how to encourage children to persevere when faced with a challenge.

PRACTICING PERSEVERANCE AS A FAMILY

Adapted from "DBS Kids for Parents:
"5 Ways to Practice Perseverance as a Family"
By Françoise Thénoux



What is Perseverance?

Perseverance is defined as “continued effort to do or achieve something despite difficulties, failure, or opposition”. Kids need perseverance to overcome obstacles and accomplish big goals, but parents can help children practice perseverance in their everyday challenges, too. When it comes to building skills in perseverance, kids may approach how to try their best and not give up differently based on their interests and experiences.

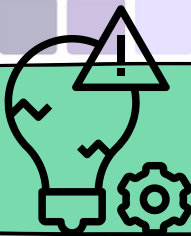
BELIEVE IN YOURSELF





Set Small Goals

Help your child figure out the steps they need to take to accomplish a goal. This will show them that achieving small wins can lead to something big. Smaller goals are also much more attainable and are likely to boost self esteem as they are completed!



Normalize Mistakes

Talk to your child about the importance of seeing mistakes positively and as a natural part of the learning process. Mistakes help us understand what skills we need to work on. By making mistakes and seeing your positive reaction to them, your child can work on trying again and problem solving to move forward on accomplishing their goal.



CELEBRATE
your mistakes
it means
you're
Learning

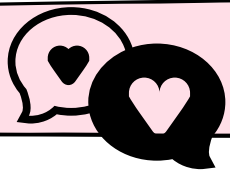


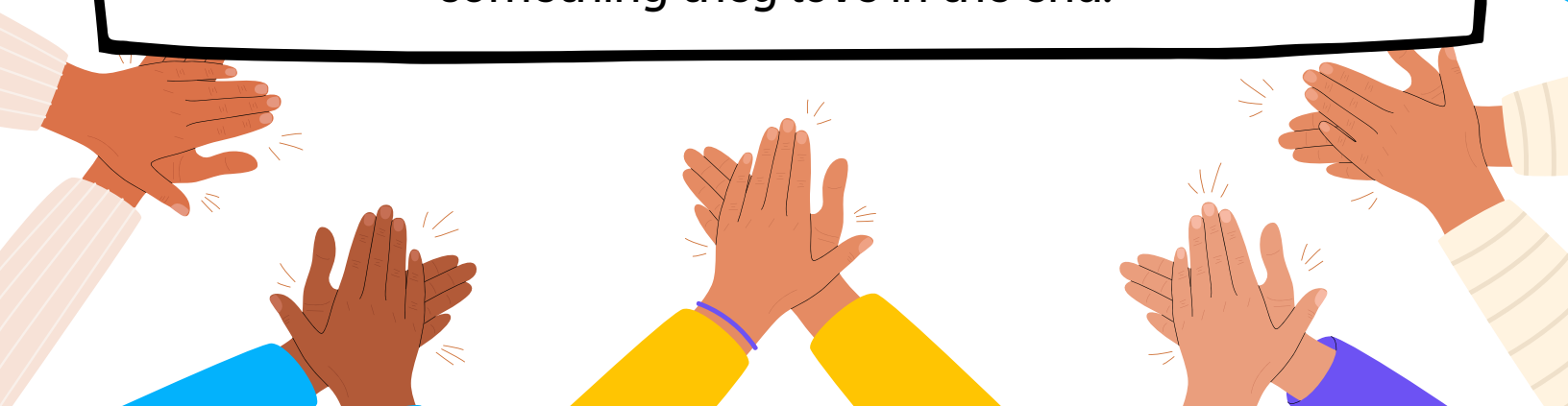
Figure Out Feelings Together

Your child may have some big feelings while they work towards a goal — and that's OK. Help your child identify these feelings. Perhaps they have tried to achieve a goal and no matter what they do, they can't reach it. When your child experiences frustration while working towards a goal, support them by taking deep breaths together, pausing to review the situation calmly, and reflecting on times when your child succeeded in persevering to achieve a goal. You may need to help your child come up with a new plan or brainstorm ways that you could help them reach their goal.

Be Their Cheerleader



The surest recipe for success in encouraging perseverance is supporting your child with something they are passionate about. Since the motivation comes from within, they may feel more invested to persevere when faced with difficult situations and obstacles. Persevering to accomplish a goal your child enjoys won't always be easy, but it can lead to something they love in the end.





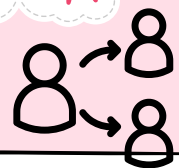
Encourage Support

Talk about the importance of supporting friends and family. When your child sees you supporting them, they learn that they can also support others.

* Don't *
GIVE UP

ASKING
for
HELP
is OK

Share Personal Experiences



As you talk to your child about perseverance, use concrete examples such as stories from your childhood or from books and shows, to explain how perseverance prepares us to tackle challenges. Talking about it will help your child develop the skills, discipline and goals in a positive way.



at Home



Watch this great video about Perseverance from PBS Kids.

[PBS Kids Talk: Perseverance](#)

In the Community



Fall Fest Weekends

September 8th-17th

Yogi Bear's Jellystone Park

50 Bevier Road

Gardiner, NY

Kids Instructional Paint Class

Sunday, September 17th

10am-11am

Uptiquing Paint & Ceramic

Studio

61 Main St

Pine Bush, NY

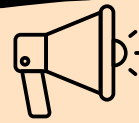
Family Art Day

Saturday, September 23rd

Cornell Creative Arts Center

129 Cornell St

Kingston, NY



Exciting News!

Check out the
TINY TIPS Newsletter!

Enjoy monthly tips
and tricks about
caring for our
youngest population.

For more info and to
subscribe, Please
send an email to:

askingmissashley@gmail.com



long term goals

long term goal: _____

3 mini goals



actionable ↓ tasks



reward: _____

why are you selecting this goal? _____

Goal Planner



My goal:

My deadline:

Why this goal is important to me:

Things I need to achieve my goal:

Steps to Achieve my Goal

Step 1:

Step 2:

Step 3:

My Notes!

How I'm going to keep myself motivated:



Weekly Goal



What is my BIG goal for the week?

Now break it down into steps and do a little bit each day!

Goal for Monday:

Goal for Saturday:

Goal for Tuesday:

Goal for Sunday:

Goal for Wednesday:

Goal for Thursday:

Goal for Friday:



Feelings Wheel

