

Issue # 9- June 2005

In this month's *Successful Child*:

June Issue

- ***How To Help Your Child Overcome Shyness***

Successful Child

June Issue

In this issue:

1. Notes from Marie
2. Read Books and Get Cool Stuff from Build a Bear
3. Healthy Eating for Your Child
4. June Freebies
5. How to Help Your Overcome Shyness
6. Question for This Issue (New)

Notes from Marie

Hi all,

Happy June! Can you believe June is here? I love June because the birthdays of two of my favorite people are this month: My son and my brother. June is also the start of summer; the season most children look forward to. Children do not take summer for granted. Childhood summer days are never wasted on worries, anger and disappointment. Children are carefree and live in the moment. Why not give a gift to yourself and your child to live right in the summer? Live with great passion. Most of the joy of living is in living life with passion and purpose. Sure, summers will come and go, but make each summer memorable for your child. You will never get another chance to relive the same summer. Make it your best summer ever!

Fun tool: <http://www.thomasleonard.com/karla/formsCD/474bestsummerever25.pdf>

Read Books and Get Cool Stuff from Build a Bear

Build a Bear has a cool reading program. Read 3 Books and get a coupon. Read 3 More and get a free gift from their Grab Bag.

For more information: <http://www.buildabear.com/lp/SummerReading2005/>

Healthy Eating for Your Child

Your child needs healthy foods in order to keep up with activities this summer. Help your child to be fit and healthy by serving foods that are delicious and nutritious.

A balanced diet includes food from each of the following food groups:

1. grains (bread, cereal, rice, and pasta)
2. fruit (fresh, dried, or unsweetened canned)
3. vegetables (raw or lightly cooked)
4. meat (meat, poultry, fish, dried beans, eggs, and nuts)
5. dairy (milk, yogurt, and cheese).

Offer your children nutritious choices for meals and snacks. This way you can help them control their own diet. For example, you might offer a choice of an apple, an orange, or a banana. With older children (aged 7 and up) you can start by planning a menu.

Children need to eat breakfast. Having your child skip breakfast is not a good idea. For a child, breakfast provides much needed energy (calories) to start the day off right. Getting your child to eat breakfast isn't always easy. Try to tune into your child's morning personality. A late riser may need a quick breakfast. An early riser may like to eat breakfast before getting dressed. If this conflicts with your morning schedule, let your children prepare their own breakfast. Even a 6-year-old can open a container of yogurt. A good breakfast consists of complex carbohydrates and simple sugars (breads, whole grains, fiber, fruits, and vegetables); proteins (dairy, chicken, beef, fish, eggs, nuts, and dried beans), and some fat. Carbohydrates and simple sugars offer quick energy but leave the stomach quickly. A breakfast of only carbohydrates can give a child the mid-morning "blahs". When milk, cheese, yogurt, lean meat, or an egg is added, the food stays in the stomach longer and provides sustained energy. If your child is in camp, having them eat breakfast helps to be active during the long day.

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June Freebies

Summer Fun ebook from KinderInfo:

<http://www.kinderinfo.com/SummerFun.pdf>

Parenting Tips for Hip Moms Ebook:

<http://www.babynamibox.com/hip-moms.pdf>

Planet Protector Kit

<http://www.epa.gov/osw/kids/ppcform.htm>

How to Help Your Overcome Shyness

There are a few points about shyness in children which will help you better understand the best approach in dealing with your child.

1. The first is to make sure your child really is shy. Some children are cautious about approaching new people and situations. Perhaps your child is not shy, but guarded.
2. Don't call your child "shy". Studies have shown that often a child will grow to fit a label. Parental pressure on a shy child can cause anxiety and insecurity, leading to a

worse problem with shyness. Don't push your child to achieve above his or her individual level.

3. Never compare your shy child with other children in a negative or positive way. Do not allow others to do this. If you tell your child that he/she is better than another child, the pressure is put on your child to always be "perfect". If you tell your child that he/she is not as good as another child, you can contribute to low confidence and self worth.

4. Take your child's ideas seriously. By lessening the importance of your child's concerns you let your child know that his/her opinions do not matter.

5. Encourage your shy child to get involved in activities with others. Don't allow too many isolating activities, like watching TV.

6. Never push your shy child to do things he or she would find unbearable. Even if you make suggestions, let your child decide if he/she is ready

7. Be patient. Let your child ease into activities and situations at his/her own pace.

Question for this Issue

What do you value most about your relationship with your child (ren)?

Responses will be posted in the next issue.