

# KIDS!



**JOSEPHINE  
DeBELLA**  
WINNER OF OUR  
2019 KIDS  
COVER CONTEST

# HOW TO RAISE A CONFIDENT KID

Children raised to be confident have the tools to be resilient in a challenging world. Confidence helps children handle peer pressure, stress, obstacles, and much more.

**Mistakes happen.** Children benefit from making mistakes and learning from them. Children who fail, pick themselves up and try again are learning lessons of resiliency. Their confidence develops as they pick themselves up again, learn from their mistake and ultimately meet with success.

**Resist the temptation to “fix” everything.** This may occur with school work. According to the mental health wellness resource Psychology Today, constant intervention undermines children’s confidence and prevents them from learning

for themselves.

**Model and teach positivity.** It can be easy to fall into a pattern of saying things like, “I’ll never be able to do that” or “It’s too difficult.” But parents must remember that their children take their cues from mom and dad. Parents who stay positive in the face of adversity will instill the same attitude in their children.

**Praise children when they do their best,** but avoid praising kids when they don’t try their hardest or if they are still working toward solving a problem they haven’t yet figured out. In lieu of praise, provide encouragement and urge youngsters to try again and practice.

**Value their ideas.** Ask children for age-

appropriate advice, suggests the growth mindset company Big Life Journal. Showing kids their ideas are worthy can instill confidence.

**Skip the rescue operation.** Parents often are quick to swoop in and try to prevent kids from feeling hurt or discouraged. However, according to Robert Brooks, PhD, who coauthored the book “Raising Resilient Children,” it’s alright for kids to fail and feel sad or angry. Success is learned by overcoming obstacles rather than having all obstacles removed.

Above all, children who are loved and supported can develop confidence through the years with some well-placed guidance.

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**Open House**  
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## Toddler skills

Toddlerhood, 12 - 36 months old, is a time when parents can expect their children to undergo significant changes. While the American Academy of Pediatrics notes that children's physical growth and motor development slows during toddlerhood, that does not mean kids won't experience significant changes during this period in their lives. In fact the intellectual, social and emotional changes kids experiences as toddlers are considerable.

### Growth & development

Children begin to walk alone during toddlerhood. Some may even pull toys, such as dolls or stuffed animals, behind them during this time. Parents may be concerned when they see their toddlers standing on their tiptoes, but the AAP notes this is perfectly normal. Kids also become more physically active during toddlerhood, as many learn to run and kick a ball at this point.



### Cognitive skills

Children undergo significant intellectual changes during toddlerhood. At this point in their children's lives, parents may notice their kids can now find objects even when they're hidden two or three levels deep. For example, parents may need to get more creative and hide remote controls somewhere other than beneath a pillow

on the couch. Children begin to play make-believe during toddlerhood as well. Kids also learn to sort items by shape and color at this point in their lives.

### Social skills

Perhaps one of the more noticeable changes during toddlerhood is children's enthusiasm about spending time with other children. As kids advance toward their preschool years, they become more excited by the sight of other children and the prospect of spending time with others their age. Children also begin to imitate others' behavior during toddlerhood. Toddlers also recognize themselves as separate from other people, including their parents.



## Growing hand in hand, side by side, and day by day

### • INTEGRATED COMMUNITY PRESCHOOL PROGRAM

- \* Open to children ages 2.9 through kindergarten eligibility.
- \* A flexible, challenging and developmentally appropriate environment designed to meet the needs of all children
- \* Enhances skill development in the areas of cognitive, social emotional, physical, communication and self-help skills
- \* Respectful of childrens unique pattern for growth, interests, experiences and strengths, as well as their social and cultural backgrounds

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- \* Responsive to the individual differences for children with and without special needs, and is aligned with the New York State Prekindergarten Foundation for the Common Core
- \* Provides carefully planned activities geared toward helping students develop foundational skills in language, communication, literacy, mathematical thinking, scientific exploration, as well as play and problem solving

### • CHILD CENTERED CLASSROOMS

- \* Careful implementation of group activities, which are cooperative in nature, and structuring of the classroom environment promote interaction between children
- \* Activities and pre-academic tasks are constructive, open-ended, hands-on and collaborative

### • SOCIAL SKILL DEVELOPMENT

- \* Children learn in a climate of respect, dignity, safety and concern for all

### • EXTRACURRICULAR PROGRAMS

- \* Music Therapy, "Sounds Fun" Language Enriched Program, Fieldtrips, Parent and Grandparent Participation Days, and Early / Aftercare

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