

Simple ways to instill gratitude in children

Instead of letting the season of giving morph into the season of greed, use December as a time to instill gratitude in your kids.

"Around the holidays when the gimmes are at the highest and kids are really thinking about what they're going to receive, it's a great time to teach about giving," says Andrea Resier, author of *Letters from Home: A Wake Up Call for Success and Wealth*. So rather than postponing thank you notes until January, for instance, keep a stack out and encourage your kids to send them often—and not just when they receive a gift. "There's nothing nicer than going through the mailbox and sorting through bills and seeing a nice, handwritten thank you

note," Reiser says.

Extend gratitude to people who have gone out of their way to help you during the year, whether it's a classmate or a piano teacher. "It makes people who have helped you feel so rewarded and satisfied," she says. And even small kids can participate; a simple "Thank You" in kindergarten handwriting can be enough to make someone's day.

YOUR FAMILY

BY LAURA SCHOCKER



Avoid spending fights with your spouse

Generous spending may seem like a good idea in December but when the credit card bill arrives in January, you and your partner may have regrets. To avoid money fights after the new year, sit down with your partner and agree on a total budget you can handle spending this year, suggests Dr. Patty Ann Tublin, a psychotherapist and relationship expert who runs the website drpattyann.com.

Once you have the grand total in mind, make a list of all of the people you agree to give presents to. "Don't add names as you go along," Tublin says. If you realize as you shop that there are more people you'd like to recognize, bake them a pie, give them a call or write a nice note—often this is even more meaningful than a small trinket.

"We all realize what a precious commodity time is," Tublin says. "People really appreciate that you took the time out of your hectic schedule."



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JPA offers supportive groups for parents with babies and young children. These discussion groups provide information on parenting and child development as well as a chance to connect with other families with children of the same age and stage.

The Parent-Infant Connection: A six week group for first time parents and babies to socialize, share common concerns, and deepen your understanding of you and your baby's developmental journey in the first year. **Mondays 1:15 to 2:30pm beginning soon**

Parents and Toddlers: The not so terrible twos A six week group for families of 1 & 2 year olds to join other parents in discussion of issues such as toddler emotions, positive discipline, language development, mealtime strategies and potty learning. **Wednesdays 10:00 to 11:15 starting soon and again in February 2011**

Parents and Preschoolers: A four week group for parents and their 3 & 4 year olds, to explore how children learn best, build self-control & moral development, manage strong feelings and increase social skills. **Wednesdays 10:00 to 11:15am starting January 2011**

All groups are held at JPA Family and Child Development Center, 1707 N. Halsted, Chicago 60614
For more information or to register, please contact **Norma Irie at (312) 440-1295 or nirie@juvenile.org**





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