

Parenting Tip of the Month

April



Lower Elementary Teachers

13 Things Mentally Strong Parents Don't Do

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Raising mentally strong kids who are equipped to take on real-world challenges requires parents to give up the unhealthy — yet popular — parenting practices that are robbing kids of mental strength.

Of course, helping kids build mental muscle isn't easy — it requires parents to be mentally strong as well. Watching kids struggle, pushing them to face their fears, and holding them accountable for their mistakes is tough. But those are the types of experiences kids need to reach their greatest potential.

Parents who train their children's brains for a life of meaning, happiness, and success, avoid these 13 things:

13. They Don't Lose Sight Of Their Values

In today's fast-paced world it's easy to get wrapped up in the day-to-day business of homework, chores, and sports practices. Those hectic schedules — combined with the pressure to look like parent of the year on social media — cause many people to lose sight of what's really important in life. Mentally strong parents know their values and they ensure their family lives according to them.

12. They Don't Take Shortcuts To Avoid Discomfort

Giving in when a child whines or doing your kids' chores for them, is fast and easy. But, those shortcuts teach kids unhealthy habits. It takes mental strength to tolerate discomfort and avoid those tempting shortcuts.

11. They Don't Confuse Discipline With Punishment

Punishment is about making kids suffer for their wrongdoing. Discipline is about teaching them how to do better in the future. And while mentally strong parents do give out consequences, their ultimate goal is to teach kids to develop the self-discipline they'll need to make better choices down the road.

10. They Don't Prevent Their Child From Making Mistakes

Whether your child gets a few questions wrong on his math homework or he forgets to pack his cleats for soccer practice, mistakes can be life's greatest teacher. Mentally strong parents let their kids mess up — and they allow them to face the natural consequences of their actions.

9. They Don't Feel Responsible For Their Child's Emotions

It can be tempting to cheer your kids up when they're sad or calm them down when they're angry. But, regulating your kids' emotions for them prevents them from gaining social and emotional skills. Mentally strong parents teach their children how to be responsible for their own emotions so they don't depend on others to do it for them.

8. They Don't Shield Their Child From Pain

It's tough to watch kids struggle with hurt feelings or anxiety. But, kids need practice and first-hand experience tolerating discomfort. Mentally strong parents provide their kids with the support and help them cope with pain so their kids can gain confidence in their ability to deal with whatever hardships life throws their way.

7. They Don't Let Their Child Avoid Responsibility

You won't catch a mentally strong parent saying things like, "I don't want to burden my kids with chores. Kids should just be kids." They expect children to pitch in and learn the skills they need to become

responsible citizens. They proactively teach their kids to take responsibility for their choices and they assign them age-appropriate duties.

6. They Don't Expect Perfection

High expectations are healthy, but expecting too much from kids will backfire. Mentally strong parents recognize that their kids are not going to excel at everything they do. Rather than push their kids to be better than everyone else, they focus on helping them become the best versions of themselves.

5. They Don't Give Their Child Power Over Them

Kids who dictate what the family is going to eat for dinner, or those who orchestrate how to spend their weekends, have too much power. Becoming more like an equal — or even the boss — isn't healthy for kids. Mentally strong parents empower kids to make appropriate choices while maintaining a clear hierarchy.

4. They Don't Allow Fear To Dictate Their Choices

Keeping your child inside a protective bubble could spare you a lot of anxiety. But keeping kids too safe stunts their development. Mentally strong parents view themselves as guides, not protectors. They allow their kids to go out into the world and experience life, even when it's scary to let go.

3. They Don't Make Their Child The Center Of The Universe

It can be tempting to make your life revolve around your child. But kids who think they're the center of the universe grow up to be self-absorbed and entitled. Mentally strong parents teach their kids to focus on what they have to offer the world — rather than what they're owed.

2. They Don't Parent Out Of Guilt

Guilty feelings can lead to a long list of unhealthy parenting strategies — like giving in to your child after you've said no or overindulging your child on the holidays. Mentally strong parents know that although guilt is uncomfortable, it's tolerable. They refuse to let their guilty feelings get in the way of making wise choices.

1. They Don't Condone A Victim Mentality

Getting cut from the soccer team or failing a class doesn't make your child a victim. Rejection, failure, and unfairness are part of life. Rather than allow kids to host pity parties or exaggerate their misfortune, mentally strong parents encourage their children to turn their struggles into strength. They help them identify ways in which they can take positive action, despite their circumstances.

Material of the Month

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Poetry for the Elementary Student

April is National Poetry Month

Do you remember your first childhood poem you composed yourself? It was a special and proud day for me. Children enjoy discovering magic of forming meaning and expressing themselves in a form of poetry. Poems are displayed in our Montessori classroom inspiring children to create their own.

The Montessori Classroom - A Very Montessori Poem



*A Montessori class is like no other,
Calm and peaceful, neutral in color
Amazing materials to challenge the mind,
And countless opportunities to grow and to shine,*

*A harmonious tone, where grace and courtesy are seen,
Children helping, children learning, exploring why leaves are green,
A joyous community where independence abounds,
Learning through the senses, sandpaper letters to learn the sounds,*

*Learning about the continents, working with landforms too,
Learning the parts of an insect, persevering to tie your shoe,
Pushing in your chair, rolling up your mat,
Using the Moveable Alphabet to spell the word, 'c-a-t'*

*An environment where children work at their own pace,
Discovering, exploring, no pressure to win the race,
A philosophy that helps children be all they can be,
Guiding their learning by following their lead,*

*Intrinsically motivated,
Independent too,
The power of the absorbent mind
Soaking up knowledge through and through*

*Maria Montessori is one of a kind,
An acute observer, an intelligent mind
She believed in following the child's lead,
And giving children the tools to help those in need*

*A Montessori class is like no other
And a teacher I'm proud to be
A role model, a facilitator, a nurturer, a friend,
Guiding them on a journey that I hope will never end*

*I feel so proud, so honored and blessed
To help each child achieve their best
To instill in them a love for life,
A passion for learning and a zest for life*

Thank-you Dr. Montessori for inspiring me each and every day. We feel like we are on a constant journey and each day the children have something more to teach us. We can't even put into words how much we love being Montessori teachers - We wake up every morning excited to start our day and honored to be able to experience learning through the eyes of a child!

With thanks,
Lower Elementary Teachers