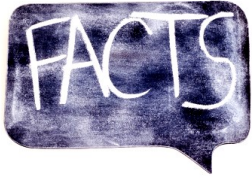




AIM: SELF WORTH

OUR TARGET: We're focusing on helping our kids feel good about themselves by talking to them about good clean hygiene and having a positive attitude.



The way you feel about yourself affects your relationships, your decisions and your sense of safety.

Taking chances and getting out of your comfort zone can help you feel good about yourself, because you grow as a person when you try new things.

It is healthy to spend time thinking about your strengths and weaknesses. To feel good about yourself, you have to get to know yourself.

Targeting More Meaningful Parental Involvement

Leaps Correlations:
 Why I Feel Good About Myself
 | Why I am Clean | Having a Good Attitude for Beginners



TEAM UP! Try this simple idea to help your child want to talk.

SMELL TEST: Gather a jar of pickles, a bottle of shampoo, a bottle of mustard, and a bar of soap from around the house. Take the lids off all of them and line them up on a counter. Go blindfold your child and bring them to the counter where you have these opened items set up. Have your child smell the pickle juice and the mustard first. Ask them if they would like to sit next to a classmate that smelled that way. Now have your child smell the shampoo and the soap. Ask the same questions. Now that you have their attention, it's time to talk about good hygiene and feeling good about ourselves.

TALKING TIPS to help you sit down and start the conversation...

One of the main jobs of any parent is preparing your kids to be successful adults. Teaching your kids how to take care of their own hygiene is very important for their success. When we are clean and taking care of our bodies, it shows that we respect ourselves. Let your kids know that respecting yourself is just as important as respecting others. When your kids take care of themselves, they stay healthy and become a more dependable team member in the classroom without as many absences because of illness. These habits will help them be a healthy and dependable team members at their jobs later in life.

Having a good attitude can be hard when you're busy. It is easy to focus on all the things you have to do rather than being happy about all the things you are fortunate enough to have. As parents, show your kids how to have a good attitude by having a good attitude yourself. This will make easier for your kids to get along with others making their friendships more meaningful and fun.

The goal is to help your kids feel good about themselves. Help your children learn clean habits and teach them a good attitude by example.

Of course you think your child is special. When is the last time you told them that? With positive words coming from their parents, children are more likely to start feeling good about themselves. The more you build your kids up with your loving, positive words, the more likely your kids are to believe the things you're saying and have their confidence grow.

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DECISION TIME: It's time for you and your child to CHOOSE to work together and stay clean, positive and feeling good about yourselves. Your child will need your help to learn good hygiene. Stay firm when it's time for them to bathe and brush their teeth and hair. Simple good hygiene will help your kids have good attitudes and feel good about themselves all on its own. It's much easier for your kids to make friends when they don't smell bad and when they look like they care about themselves.

GIVE IT A TRY! A chance to practice the target skills together :



Play Hot Potato!

- Find a small ball, pillow or bean bag that's soft enough to toss back and forth between you and your child. Use a timer or stopwatch and set it for 3 minutes.
- When you start, begin by saying something nice about the person you're tossing to, and then toss the object.
- If the person NOT holding the object can count to 1...2...3 before a nice thing has been said, the game stops for a moment while the person who couldn't say something nice does 5 jumping jacks. Then the tossing continues with the other person.
- After the 3 minutes is up, set the timer for another 3 minutes, but this time, the person tossing the object needs to think of something nice to say about themselves. When it's your turn to do this, think about the things you're good at, the features you like about yourself, ways you're good at being nice to others, and things you try hard at, etc.
- For the third round, set the timer for 3 minutes again, but now focus on ways to stay clean with good hygiene. Both you and your child toss the object back and forth after saying one way you can practice good hygiene. For example, you can say, "Brush my teeth," and, "Wash my face," and "Cut my nails," and, "Brush my hair." Keep thinking of good hygiene practices until the timer runs out. Then, tell your child you are proud of them for thinking hard and focusing on ways to be clean.



Stay On Target

Tips to help keep
your child's new
skills in action at
home and school.

- Read all the notes coming home from your child's teacher. If your child is struggling in an area, make sure your child knows that it's no reason to feel bad about themselves. If they are trying their best and keeping a good attitude, no teacher will ever have a problem with that!
- Have your children help take care of your home as a team. Germs are everywhere, and working hard as a team to keep your whole house healthy is very important for any family. There is always a lot to do; take pride in finishing the work together.

**** IF YOUR CHILD HAS A HARD TIME THINKING OF SOMETHING GOOD TO SAY ABOUT THEMSELVES, TAKE THIS AS A CHANCE TO COMPLIMENT THEM. TELL THEM SOME OF THE THINGS YOU LOVE ABOUT THEM. MENTION SOME OF YOUR FAVORITE THINGS ABOUT THEM THAT YOU MAY NOT SAY VERY OFTEN. THIS WILL MEAN SO MUCH TO YOUR CHILD AND HELP TO BUILD UP THEIR LEVEL OF SELF-WORTH ALL ON ITS OWN. ****



We must build up our children, because it is not likely that the rest of the world knows *just* how great our kids are, at least not in the ways we are lucky enough to see how special they are as their parents.