



Shepherd of the Hills Christian School

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BELIEVE, BELONG, BECOME

PRINCIPAL'S NEWS

Kids Need LOTS of Choices!

Kids want power. If they don't get some power, they will find passive and aggressive ways to find some. Since Shepherd has adopted a *Love and Logic*™ discipline model, teachers will be giving students more choices. Choices are a way both parents and teachers can share power with kids. When kids have some power, they are less likely to spend energy in acting up and in trying to get power. This is especially true with strong-willed kids where "winning" (power) is more important than any consequences. For compliant kids, making choices and thinking for themselves is a critical life skill that needs cultivation and experience.

Choices also help develop the thinking process. We want students whose pre-frontal cortexes are developing as quickly as possible. Choices stimulate that area of the brain. The pre-frontal cortex is responsible for understanding and evaluating cause and effect relationships. It is critical in determining what the long-term results might be, and which choice is the best. When emotions threaten to put the body in "over-drive," it is the pre-frontal cortex that applies the "brake." Wise teachers and parents give kids lots of choices...choices that really aren't that important to the teachers or parents, but help kids think, plan and experience consequences and results...choices such as: "Would you like to have math or science first? Would you like to work really hard now and have a longer recess, or work not-so-hard and have a shorter recess? Peas or carrots? Red shirt or blue? Would you like to do the odd or even problems?" You get the idea. **Instead of being told what to do or think, wise teachers and parents let kids learn to think, plan, consider, and choose many things for themselves.** Experience is a great teacher!

Choices...another step toward raising more responsible (and wise) kids!

Parenting the Love and Logic Way

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Saturday, September 14th, 10:00 to 3:00 in the Colonnades downstairs, Free childcare. The cost of this course is free, a gift from Shepherd. Sign up with Mr. Jack at jlipski@sothfamily.org

Let's Help the People in the Bahamas!

The word “unimaginable” is over-used by the media these days. After looking at the devastation in the Bahamas, that word is entirely accurate. These people literally have nowhere to go, no homes, no food. This Wednesday, September 11th, let's wear “tropical clothes” out of respect for the island people and bring any offering we can. I will make certain checks written to “Shepherd of the Hills” (memo: Bahamas) or written directly to “Lutheran World Relief” will help these people!

Parents, this event might be a great opportunity to watch some of the news and pray with your kids for these people.

JACK'S CORNER

QUESTION: I battle every morning before school with my four-year-old to get him dressed for school. I'm just exhausted. Help!

ANSWER: I'm not sure of the reason for the battle, so I'll approach it two ways:

1. If the battle is because he can't decide what to wear, let him decide the night before. **You help him by giving him no more than two choices** (e.g. “Which shirt would you like? The red or blue? ... Which socks? The white or the striped?” etc.) Lay out the choices the night before. This approach helps him take responsibility for his choices, gives him a sense of power, and teaches him about the benefits of planning ahead.

2. If the battle is because of “pokeness” or defiance, you have a little planning to do. Call his teacher (you don't want a call from Social Services) and ask her if she will help you teach your son to be more responsible. Tell her you suspect your son will come to school in his pajamas tomorrow, and you would appreciate it if she would “make a really big deal out of how ‘you don't come to school in our pajamas,’ and ‘what are you going to do

about it?” Tell her to feel free to be as loud and dramatic as she can be! Yes, this lesson will involve some embarrassment.

The next morning when your son won't get dressed and it's time to leave, whisk him into the car in his pajamas, drop him off at school, and get out fast. **This approach lets your son own the problem** (and it is his problem), frees you from being the bad guy (let the teacher), and sets the stage for the next day. It also helps him understand consequences. The earlier a child understands cause and effect (consequences), the better equipped he will be for life. Think of the numbers of young men in jail who didn't think about cause and effect.

The next day, don't ask him about what happened at school. Don't ask him about what choice he is going to make today. Don't say things like: "Hope you make a good choice today." Or: "I hope you learned something!" These kinds of comments sabotage the learning and make you the "bad guy." The child will focus on your reaction and comments and not the learning. This plan works well for most kids!

Jack Lipski, M.A.
Christian Counselor

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Check Out More Jack's Corner Articles on his blog

Go to Shepherd's website and scroll down to "Jack's Corner."

Dads (Grandpas too!) and Donuts

Monday, September 16th from 7:40-8:10 AM in the lunchroom.

Get your T-shirts!

Order [HERE](#).

THANK YOU FOR CHOOSING SHEPHERD!