

SEPTEMBER FACTS

- The earliest Latin calendar had only ten months, with September as the seventh month.
- The name, September, comes from *septem*, the Latin for "seven."

ENCOURAGE SELF-ESTEEM

It is important for parents to encourage their child's self-esteem. The compulsion to compare and compete happens early with children. The pressure to be as cool (or, rich, smart, bad, good, athletic, fashionable) as the coolest kid is intense. Your child may be convinced that he won't survive without the latest name brand in sneakers or that she must buy her clothes in the same stores as the girls in the "in" group do. Children not only want to be like everyone else, they also want to be liked by everyone else.

Parents can help their children develop self-esteem in the face of being rejected by the popular clique. Children must be assured that parents understand how bad it can feel to be rejected. Acknowledge your child's hurt feelings and then help him/her evaluate the situation beyond his/her feelings.

Praise your child for doing the right thing. Recognize how hard it is for your child to take an independent position because he or she believes it is the right thing to do. The child who learns to limit the influence of peers is a true leader with a steady moral compass.



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*There is only one brilliant,
beautiful child in the
world and every mother
has it.*

Chinese proverb

GRANDPARENTS' DAY

Grandparents' Day, the second Sunday of September, is an opportune time to celebrate these special people in the lives of children. Visits, calls and special excursions with grandparents are only a few ways to enjoy this day or weekend.

Children should be encouraged to talk to their grandparents about their lives and the family history. Recording these conversations is an excellent way of preserving the family stories and traditions. Looking at photographs, films or videos of special occasions together is another worthwhile and enjoyable project.

A FUNNY THING ABOUT GRANDPARENTS...

A proud grandfather ran into an old buddy while he was taking a walk with his two grandkids.

Old Buddy:

What nice looking kids!

Grandfather:

Thank You!

Old Buddy:

How old are they?

Grandfather:

The lawyer is two and the doctor is four.

FAMILY FAITH SHARING

Children grow into a family. They learn all about their parents as they grow. They come to know how a parent reacts in a certain situation, what a mother or father thinks is funny, what are some of their parents' favorite things and what their pet peeves are. Through stories that they are told and conversations that they are a part of or that they overhear, they become experts on their parents' basic philosophy of life.

Teachers are often surprised by young children who have strong political opinions or a favorite candidate around election time. Children reflect many of the values, opinions, beliefs, attitudes and principles held by their parents. This is part of growing up in a family. This is how a child's early formation takes place, whether it be as a citizen, a consumer or a believer.

Much of what is communicated from parents to young children will be questioned and challenged by the children as they grow older, but what children receive is a set of beliefs and values that are important to people who are the closest to them.

Children raised in a family of faith do experience the every-day effect that parents' faith has on their lives. They become witnesses of faith lived out in the lives of people who love

There's nothing that can help you understand your beliefs more than trying to explain them to an inquisitive child.

F. Clark

them and care for them. It becomes a powerful, first-hand example of what it means to be a Christian or follower of Christ.

Faith is a gift, a gift that parents can share with their children through their own commitment to Christ in their lives. Children in a faith-filled family will not only share the Word and the Eucharist with their parents, brothers and sisters, but also with the faith community of the Church.

The first and finest lesson that parents can teach their children is faith and courage.

S. Blanton, MD

