



Find Your Child's Melting Point

In science, the melting point is the temperature at which a solid becomes a liquid. While temperature is sometimes a factor in child meltdowns, there are other clues that give us warning about an impending tantrum.

"A fool gives full vent to his spirit, but a wise man quietly holds it back" (Prov. 29:11).

This Bible verse represents our goal for our children. We do not want them to suppress all emotion, but we do want children to be able to control their emotions so that these emotions do not control them. We can always become better at preventing and dealing with childhood meltdowns.

Observe your children and pay attention to each child's warning signs signaling a temper tantrum is imminent. Typical signs include fatigue, hunger, overstimulation, frustration, confusion, fear or stress. Be aware of situations that cause these emotions, and watch for physical signals such as rubbing eyes, looking away, clenching fists or slouching. Learning to read these signs will help you prevent a meltdown, and it will allow you to take advantage of the best time to teach your child how to cope with big emotions. We need to watch for such teachable moments.

So, what do you do once the tantrum is in full force? It is important to remember to empathize with, but not comfort, your child. If you offer comfort, you are telling your child that the response is reasonable and appropriate. This will reinforce the behavior you are trying to stop. It is better to engage by showing empathy and then move on to what can help your child to cope. For instance, if you hug a child who is weeping because he does not want to be left at child care, you are giving him the message that he ought to be afraid of this place. Instead, tell him you understand that he is worried, you know he is safe and then ask him to find what he can do to feel better. In every meltdown situation, it is important to remain calm so your child can refrain from adding fuel to the situation. "Reprinted with permission of LCMS School Ministry."



Show your child that honesty is the best policy

Research shows that by the time children reach elementary school, most know the difference between being honest and lying. But that doesn't make telling the truth easy! To encourage honesty in your child:

- **Talk about it.** Ask your child if he believes that honesty is the best policy. Why or why not? Does he want others to tell him the truth? When does he think it's okay to lie?
- **Talk about the consequences** of lying. Let your child know that lying destroys trust. If he makes a habit of lying to people, they won't be able to believe what he says—even when he is telling the truth!
- **Be a role model.** Children are good "lie detectors." They notice when parents tell the truth—and when they don't.
- **Create opportunities** for telling the truth. Say, "You broke my vase," instead of, "Did you do this?" It's better to say what happened rather than to ask unnecessary questions.
- **React calmly.** When your child lies, don't label him a "liar." Express confidence that he will make better choices in the future.
- **Reward trustworthiness.** If your child is truthful in a difficult situation, compliment him!
- **Admit your mistakes.** We all make mistakes. If your child catches you being dishonest, admit you're wrong.

Source: K. Stephens, "Lying, Fibs, and Tall-Tales: Teaching Children To Be Truthful," Parenting Exchange, niswc.com/teach-honesty.



New Policy Reminder!
 Trinity members need to attend church at least once each month to receive member tuition.

Help decorate the church for Christmas, this Sat., Dec. 1st, 11am



FRIDAY!



Wear your GREEN & GOLD!

Filled with the fullness of God

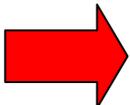


Ephesians 3:19

ALL LADIES WELCOME!
Potluck Dinner & Packing cookies for shut-ins
Dec. 13th at 6pm
Christmas Fun & Fellowship
Join us for the evening!

Chapel Buddy Gift Exchange will be held on Dec. 20th.
 All gifts should be under \$10 and be at school by Dec. 17th.
 Your student's chapel buddy is:

 and in Grade _____.

 **2nd Quarter Tuition** 



Due Monday!



The Children's Advent Worship Service is on Dec. 19th at 7pm.
 Your child has a part in this!



Tired of packing a lunch? Buy one!

Trinity is offering a hot lunch available for purchase on Friday, Nov. 30th.
 \$3 will buy a hot dog lunch with chips and veggies. Gatorade is available for \$1.
 Proceeds go to the playground!

If you would like your child to participate, return this slip with money for the lunch. Otherwise, pack a lunch as usual.



Signature **Date**