

PARENT  
TO  
PARENT

## Handling angry feelings

One morning, my daughter couldn't find her math book. When she came to me for help, I yelled at her for being so irresponsible. Tonya burst into tears. Realizing I had overreacted, I apologized for yelling and helped her find the book.

That night at dinner, we talked about anger. We started by sharing how we know when we're getting angry. Tonya said her face gets hot. My wife said her muscles tense up. I said I raise my voice.

We brainstormed ways to handle angry feelings. Our list included taking several deep breaths, going for a five-minute walk, petting the dog, and thinking about the beach.

We also came up with a signal (snapping our fingers twice) to let other family members know we're angry. We agreed that when someone uses the signal, we'll give him or her a few minutes to calm down.

The missing math book certainly taught us an important lesson about managing anger. ♥

ACTIVITY  
CORNERSentences on  
a string

Help your child get the hang of reading with this mixed-up activity.

**Materials:** books, pencil, paper, string, two chairs, clothespins or large paper clips



Start by picking a sentence from one of your child's favorite books. Write each word of the sentence on its own sheet of paper. Mix them up.

Next, tie a long piece of string between the backs of two chairs. Then, pin or clip all the words to the string. Challenge your youngster to unscramble the sentence and hang the words in the right order.

**Variation:** For older readers, copy a paragraph on each sheet of paper. Mix them up and clip them to the string. How quickly can your child put the story in order? ♥

## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of Aspen Publishers, Inc.  
3035 Valley Avenue, Suite 103, Winchester, VA 22601  
(540) 723-0322 • rfcustomer@aspenpubl.com

## Q &amp; A School bus fears

**Q:** My son is riding the school bus for the first time this year. He seems nervous. How can I make him feel more confident?

**A:** Riding the school bus can be scary, especially for younger children. There are several ways you can boost your son's confidence. Go with him to the bus stop and talk to other parents. Perhaps one of their children can sit with your son for the first few days.

You can also introduce your son to the bus driver. Ask if he can sit up front until he feels more comfortable. A warm greeting from a buddy or the driver each morning is often all it takes to break the ice.

Remember, some children need more time to adjust to new situations. If the problem continues, let your son's teacher or principal know about it. ♥



## Motivation to succeed

Wondering how to send your child the message that "school is cool"? Try these tips to spark learning excitement.

**Make it personal**

Look for ways to tie school lessons to your youngster's life. *Example:* If he's learning about verbs, ask him to name



his favorite actions—eating, pretending, skateboarding. Relating subjects to his interests builds enthusiasm.

**Reward effort**

When your child works hard on an assignment, let her know you noticed. *Example:* "You solved that tough math problem. Way to go!" Focusing on progress, not just on grades, encourages hard work and discourages the give-ups.

**Be a guide**

Invite your child on your own learning journeys. *Examples:* Tackle a craft project together using a how-to book; let her help you find information in the phone book or atlas. The desire to learn can be contagious! ♥