



# Monthly Parent Report

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## 8 Tips on Way to Teach Your Child Gratitude

Teaching gratitude to children takes time, patient, and yes, a grateful heart in YOU. To get you started, here are some tips on how to teach gratitude to your preschooler:

1. **Model your own gratitude.** Your child learns by watching you and others. Show appreciation for the people who help you at home, stores, or work. Talk about begin thankful for things, actions, and people in conversations with your child.
2. **Count your blessings every day.** Set aside time for gratitude. Choose one time a day to talk about things you're thankful for. If you need some inspiration, begin a gratitude project.
3. **Let your child help.** Give your child chores to do! When he sees the work that goes into daily living, he can better understand why gratitude is important.
4. **Teach your child to say thank you – and to mean it.** When your child receives a gift or act of kindness, talk with her about how it makes her feel. Have her express this feeling to the giver with a "thank you."
5. **Resist the urge to give him everything he wants.** Keep in mind that this only creates a sense of entitlement in your child. Saying "no" to a request teaches him appreciation for the times you say yes.
6. **Make your child wait for something she wants.** Sometimes the anticipation of receiving a long-awaited item makes the moment of receiving it more fun and exciting.
7. **Do projects to teach your child appreciation for community helpers.**
8. **Help your child give to others.** When your child learns to give her time and energy to others, she is less likely to take things for granted. (like her family, health, and home).



*Adapted from dillystreehouse.com, by Susan Light*

### Parent Reminders

- **Fall Portraits** are Wed., Nov. 13!
- We will be **CLOSED Nov. 28-29** for Thanksgiving (& **Dec. 24-27** for Christmas)
- Swap out your child's summer clothes for winter clothes in cubby
- **Opt-In** to [sra417@yahoo.com](mailto:sra417@yahoo.com) with you and your child's name to receive the e-newsletter

Theo Boyd- 11/5  
Makenna Fullbright- 11/11  
Charleigh Crowder- 11/11  
Alivia Christman- 11/12  
Holden Lear- 11/17  
Sebastian Hernandez- 11/21  
Dalson Carlton- 11/22  
Ryder Jurado- 11/23  
Wyatt Morrison- 11/23



### Community Events

- Nov 1, Mother/Son Superhero Event, City Hall, Kannapolis, 6-8 p.m.
- Nov 15-Dec 22, The Polar Express 2019, Spencer, NC Transportation Museum
- Nov. 23, Lighting of the Fall Fires, Historic Gold Hill, 5:30-9 p.m.
- Nov 23, Annual Tree Lighting with Fireworks, Village Park, 6-10 p.m.
- Nov. 26, Southern Rowan Christmas Parade, Landis at 3 p.m., China Grove at 4 p.m.

### Pete's Post

Pete likes to visit the children on the playground when he's out and about. Please be careful and look out for Pete when you are pulling in and out!

