

Mental Fitness News and Tips

Can Summer Fun Spark School Achievement?

The short answer is “Yes!” Here is why. The attitudes and skills your child needs to be successful at something he or she loves are the very same attitudes and skills needed to be successful at school. To be successful at almost anything requires:

- Patience - a willingness to delay gratification
- Willingness to hang in there when a task gets boring or tedious
- A positive attitude for when things do not turn out how you want them to
- Ability to accept corrective feedback without getting upset or angry
- Ability to cooperate and compromise

So, this summer, go ahead and encourage your child to explore their interests and develop their natural talents and abilities. Not only will they have a great summer, they will also get lots of practice with the skills and attitudes they need to be successful next fall.



Summer Chores Can Also Spark Success

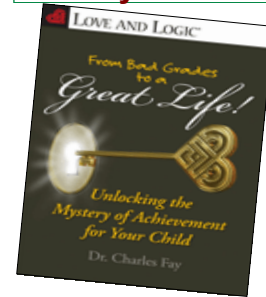
Did you know that “children who complete real and meaningful chores... without reminders and without pay... are far better students than those who don’t?” According to decades of observation by the Love and Logic Institute, it is true! So, this summer, *give your child a gift*. Add some meaningful chores (family contributions) to your child’s daily or weekly routine.

Here are a couple of tips:

- 1) Do not expect your child to thank you now for this “wonderful gift.” They may thank you later, but it will be well down the road when they realize what a favor you did them.
- 2) Offer to help your child with chores now and then. Help *as long as they are working at least as hard as you are*. Comment on how good it feels to help out and spend time with them.



May 2016



The ideas in this newsletter were adapted from the book *From Bad Grades to a Great Life!* by Dr. Charles Fay. He writes from his own personal experience as an under-achiever whose parents encouraged him to follow his passions.

It is OK to Say “No”

Saying “No” to lots of TV, video games, internet time, and texting time allows you to say “Yes” to activities that:

- ◇ Develop your child’s natural talents and abilities
- ◇ Support good character values such as honesty, kindness, and respect
- ◇ Connect your child with the beauty and mystery of the natural world
- ◇ Nurture healthy relationships with peers and family members
- ◇ Contribute to a smooth functioning household

This newsletter is provided by the School Community Partnership for Mental Health, of which MPS is an integral part.