

But I want it now!

"It's my turn!" "Are we there yet?" "I want it now!" You've heard it all before. In fact, you probably remember a time where you said those exact words. Even the most seasoned adults know that patience takes hard work and a lot of, well...patience! Keeping your cool in the face of someone or something that is frustrating takes skill and practice.

Practicing short periods of waiting at an early age can help build patience. While it is important to practice patience, parents should be realistic in their expectations when it comes to young children. Use these tips to handle the most common complaints for your little tykes:

- Taking turns -It's smart to introduce the idea of waiting and taking turns now with a simple game of "my turn, your turn," that way your child doesn't always think they can have a turn without waiting.
- Nip the grumbling in the bud -Since minutes and hours don't mean much to kids this age, try to explain exactly what has to happen before your child can play. Need to finish a load of laundry first? Have dinner on the stove? Try setting a timer so your child can watch the progress. Remember to keep your promise and stop when it goes off.
- I can do it! If your toddler insists on putting on his or her own jacket even though it will take an extra few minutes, let him or her do it. As parents, our tolerance is tested on a daily basis but its best to lay the groundwork and be a good example when it comes to teaching patience.

In the month of January, Kiddie Academy teaches patience as part of their character education program.



HAPPY BIRTHDAY!

1/7	Eniola	1/15	Chinezimuzo
1/9	Carter	1/15	Keturah
1/9	Leonard	1/22	Logan
1/10	Victoria	1/30	Riley
1/15	Hendrix	1/30	Ms. April

Raising Patient Children

Wait in line. Wait your turn. Wait until you are called on. From a very young age, children are asked to exercise patience in group settings. How well they demonstrate patience among their peers depends largely on whether they're asked to practice patience at home.

While some children (and adults!) are more patient by nature, patience is a virtue that can be taught in simple ways at home. Here are some ways how.

Teach delays. Instead of rushing to your child at his first peep—whether he's crying out for your attention from his bedroom or the bathroom—know that, if his safety isn't at risk, it's okay to wait a little bit. You may even find that he learns life skills more quickly, from soothing himself to sleep to doing his business in the bathroom solo, by having him wait.

Implement a "no interruptions" rule. If you can't remember the last time you finished a conversation with another adult, it's probably time to implement this rule at home. It lets your child know that she is not the only person in the world who requires your attention, and that it's just plain rude to interrupt mom or dad.

Perform activities that demonstrate patience. Children often learn intangible concepts like patience best through tangible examples. Some ideas: have your child plant seeds, water them, and see how long it takes them to grow. Or, if you're anticipating a special day, let your child mark off the days of the month on a calendar in countdown fashion.

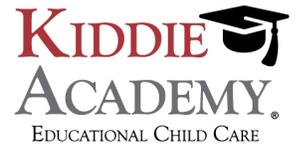
Recognize that a child's patience has limits. It's important to remember that, although we want our children to be able to practice patience, it's not learned overnight; nor do children possess the same degree of patience that we as adults can exhibit.

Celebrate even small acts of patience. Maybe it's the first time your child hasn't interrupted you while you're on the phone. Or perhaps he's finally let his younger sibling have a turn at his favorite toy without grabbing it out of her hands. Whatever the act of patience, let your child know how proud you are of him. Positive reinforcement is the best way to grow a virtue.

Model the desired behavior. Whether you're trying to get out the door in the morning or stuck in traffic with your child in the back seat.

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2019 JAN



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Center Closed New Year's Day	2	3	4	5
6	7	8	9 Law Enforcement Appreciation Day	10	11	12
13	14	15	16 Religious Freedom Day	17	18	19
20	21 Center Closed MLK Day	22	23	24	25	26
27	28	29	30	31		