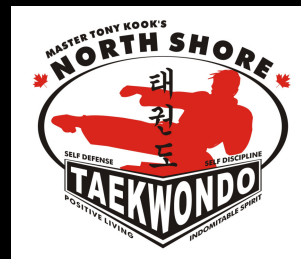


Dependable:

When others can count on you, you are a dependable person.



Dear Parents,

Being dependable is the theme for this

month. Children may have problems being dependable, but they count on the adults around them to be dependable. They depend on you to be on time, feed them, take care of them when they are sick and, especially, get them to their martial arts classes each week.

"How can we help a child change from undependable to dependable, from someone who won't amount to very much to someone who will count for something? The answer is at once both simple and complicated: We treat a child as if he already is what we would like him to become." Haim Ginott, Child Psychologist

What can parents and caregivers do to help their children develop self-discipline?

Be on time. We all do everything we can to be on time for work, but we don't always use that same consideration when it comes to our children or our own extra-curricular activities. Keep track of time and do your best to be on time for meetings and activities, even if it means leaving a little earlier.

Keep your word. Do your children believe you when you tell them you will do something? If you say you will play a board game with them when you finish your phone call, do it, even if you would rather do something else.

Children don't want to wonder if their parents mean what they say.

Meet your deadlines. You said you would bake four-dozen cupcakes for the bake sale tomorrow, but you didn't remember them until bedtime. Although, you are tired, you set an excellent example of doing what you say you will by staying up an hour and baking them.

Follow through. It's easy to get distracted when you have kids, but you need to be able to follow through on what you say you will do, even when it makes you look like the mean one. If you say your children can't go outside to play because they didn't clean their rooms, then you can't back out of it. They can't go outside to play. However, if you say they can have dessert after they eat their dinner, have something great for them.

This month our weekly lessons will cover:

Week One:

Definition: When others can count on you, you are a dependable person.

Week Two:

"People can depend on you when you have a reputation for being on time."

— Natalie Rimmer

Week Three:

"The more I help others to succeed, the more I succeed."

— Ray Kroc

Week Four:

"You make the world a better place by making yourself a better person."

— Scott Sorrell

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