



August 2010



**Westlake Hills Presbyterian Church
Children's Ministry Staff**

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Help Kids Grow Their Friendships

Friends are vital to children's emotional and social development. Through friendships, kids learn to share, set boundaries, make decisions, and respect others. Having friends also makes children feel supported, which boosts their self-esteem.

With a new school year right around the corner, many children are thinking about reuniting with classmates and friends. But fears about bullies may also exist. No child is immune to mistreatment by peers. Here are some ways to help kids develop love, respect, and kindness toward one another while maintaining a healthy sense of self:

Love each other. Help children make the connection between how Jesus loves and cares for us and how he wants us to love and care for one another. Make the Golden Rule a top priority in your home ("Do to others whatever you would like them to do to you," Matthew 7:12).



Agree to disagree. Children need to hear and learn that it's okay to disagree with others because God made us all different. But it's never okay to hurt someone with our words or actions.

Everyone's important. Help children find the acceptance and recognition they seek by focusing on activities and behavior standards that are positive, fun, and rewarding. Guiding kids toward loving themselves is key to helping them love other people.

When Social Interaction Goes Awry

- A staggering 160,000 children miss school each day because they're afraid of attack, intimidation, or bullying. (NEA)
- 33% of special-needs kids have been targets of bullying. (aboutourkids.org)
- Children whose parents share ideas and talk often with them are 40% less likely to bully other kids, compared to children of parents who don't do those things regularly. (health.com)
- 56% of mothers say they've ended a friendship because they thought someone's child was a bad influence. (cafemom.com)

Parenting Insights

These developmental tips from *Children's Ministry Magazine* show how friendships grow along with children:

Ages 2 to 4

Young children depend on others to help them develop social skills. Use praise to reinforce good behavior, such as sharing. Help children refine their negotiation skills to resolve conflicts. Give them ideas of what to say.

Ages 5 to 8

Kids this age are learning to choose their friends. Their self-image is strongly related to others' opinions of them. To help a bully, emphasize respect and model how to handle conflict without anger.

Ages 9 to 12

Parental authority diminishes, and kids want to be with their friends more. Discuss the qualities of a good friend and the down side of cliques and gangs.

OpenTheBook

**“There is no greater love than to lay down one’s life for one’s friends. You are my friends if you do what I command.”
John 15:13-14**

Jesus, our ultimate Friend, sacrificed his life for us. We can follow his example by showing love and devotion to our friends and family members.

Teachable Moments

- 1. Stick With Love**—Buy some stickers that have messages about friendship, and let children pass them out to friends. Read 2 John 5-6 and talk about what it means to love our friends.
- 2. Everyone’s Invited**—When children feel left out or are excluded from a party, talk about how life isn’t always fair or equal. Read Luke 14:7-14 together and discuss ways to include people and not discriminate.



- 3. Time to Reflect**—Let babies and toddlers see themselves and their playmates in mirrors. Say names aloud as children see the reflections so they can begin to attach names to other people.
- 4. Keep in Touch**—During summer, help children send postcards to their friends. Even if postcards aren’t from a trip, correspondence will teach kids about nurturing their special relationships.

SUNDAY SCHOOL OPEN HOUSE

When: Sunday August 29th

Time: Anytime 9:30-10:30 and 11-12

Where: in the SS classrooms Downstairs

Sunday School will not meet this day for adults and children, this is your opportunity to meet the teacher and introduce your child. A ministry fair will be happening in the gym this day all morning with a pancake breakfast and inflatables on the playground!

This event is for the whole family. Stop by the Children’s Ministry booth to get a preview of our new Sunday School curriculum from David C Cook called RIO.

Family Experience: Friends First

Discover the meaning of true friendship with these activities from Group’s Hands-On Bible:

- After You**—Challenge family members to put other people first for a whole day. Say: “See what it’s like to open doors for others, let everyone go in front of you in line, let others be served first, let others choose what to watch or play, and so on.”

At the end of the day, give each family member a piece of paper and a pencil. Say: “Draw a giant number one. Inside it, write what it was like to be last at things.” Read aloud Mark 9:35b. Ask: “What happens when we put others first? Why do you think Jesus wants us to act that way?” Say: “Living like this may have felt a little weird, but that’s what Jesus did for us!” Pray together, and have each person pray for someone else in the family.

- Tied Together**—As a family, make friendship bracelets. (Easy instructions are available on the Internet.) During the craft time, talk about your friends and what you would or wouldn’t do for them. Read Ruth 1:16 and discuss the friendship between Naomi and Ruth, her daughter-in-law. Ask: “How do you think Naomi felt about Ruth’s loyalty? How can we be loyal to our friends and each other?”

Say: “Knots can remind us of bonds that can’t be broken, like the bond between Ruth and Naomi. Give away your bracelet to thank a friend for always being there for you.” Hang an extra bracelet on a doorknob at home as a reminder that family members are good friends, too.



Volunteer needed to serve this coming school year Sept. – May!

Visit the Opportunity board in the downstairs entrance!

- Once a month opportunities in the 3 nursery rooms, the 2's, 3's and 4's at 9:30 or 11!
- Every other Week opportunities teaching Sunday School for 4's thru 5th grade at 9:30 or 11
- Every Week opportunities teaching Midweek Moment Kindergarten -5th-Sept. 8th- Nov. 17th

For information about volunteering this fall contact Director Cindy Gangstad at cindyg@whpc.org.

TEACHER TRAINING

Training for Kindergarten thru 5th Grade teachers will be held Sunday August 22nd, 2010 at noon in the Fellowship Hall. Lunch and childcare provided. Email cindyg@whpc.org to register for lunch and childcare.

Midweek Moment Sept. 8 – Nov. 17

Time: Dinner-5:45 to 6:45

Class Time for Children Nursery thru 5th-6:15 to 7:30. Grade school children begin with dinner at 6:15 in the Fellowship Hall.

If you are taking a class that extends past 7:30 please indicate that on your registration form and your child will be moved to Childcare in room 152 at 7:30.

Dinner Cost this fall:

Adults, High School and Jam-\$5 each

Children ages 3 thru 5th Grade-\$3 weekly; 2 and under free!

Children attending childcare thru 5th grade need to be registered for the semester. The form is available to be downloaded from the Children's page on the whpc.org website.

Volunteers are needed to teach the various classes!

For more information about Midweek Moment contact Children's Director Cindy Gangstad, cindyg@whpc.org.



Culture & Trends

What's happening right now that may affect your children and family:



- To prevent cliques and bullying, some schools, camps, and parents now discourage kids from having one best friend. (msnbc.com)
- Because of the recession, more day-care providers are offering flexible hours, reducing rates, and working out pay arrangements. (about.com)

Quick Stats

- Parents keep their kids sharp in summer with:
 - 68%—Daily learning activities
 - 36%—Reading program
 - 12%—Summer homework
 - 10%—Nothing ("We need a break.") (momconnection.com)
- 22% of 7- to 11-year-olds who play video games have significant finger and wrist pain. Experts recommend frequent breaks and stretches. (ASHT)

August 2010

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
Griffin Ball Whitney Ball Olivia Rodrigues Pierce Rodrigues			Carson Cline	Jeffrey Jenkins	William Brigham	Lauren Dryer Leyton Hagenswold Sarvena Thompson
8	9	10	11	12	13	14
Holland Devine Molly Perkins	Elizabeth Harvey	Rebecca Ross	Preston Clark		Riley Robertson	Elizabeth Bolke Anne Kate Kelley
15	16	17	18	19	20	21
Jake Ciccarello	Anthony Ciccarello			Casey Lloyd Katie Min	Audrey Trull	
22	23	24	25	26	27	28
Annelisa Cornell TEACHER TRAINING Noon Fellowship Hall South	Emma Bandera Lawson Crow	Payton Wheeler	John Mills William Nabors	Christopher Camera Darby Hanes Rachel Hoenig Evan Wickham		Keely Briggs Jack Cowan
29	30	31				
Ministry Fair Inflatable Fun! and Sunday School Open House		Claire Baxter Carlyn Crow Gabrielle DeGroot Alexis Shirley				

The above children listed in red are celebrating their birthdays!