

Family Newsletter

Dear Parent:

Self-Control is the ability to be in control of your actions so that you can make positive choices that benefit you and others. To be successful, our children need to learn from their experiences and develop self-discipline, which will help them keep their impulses and feelings from controlling them. Self-Control is a practical skill that gives our children tangible benefits in their lives and in their relationships with others.

Personal Thoughts for Parents

- In what ways do I show self-control?
- In what areas of my life is it hard for me to be self-controlled? Why?
- What can I do to be more self-controlled?

Modeling Moments

DISCUSS with your child the areas of your life where you show self-control.

ADMIT to your child when you do not show self-control.

CHALLENGE yourself and your child to be more self-controlled in areas where it may be hard.

Developing Self-Control through Service

- As a family, prepare and cook a meal together. Deliver the meal to a local homeless shelter or elderly facility. If you can, help serve the meal.
- As a family, learn how a local group helps people in your community. Have a family yard sale and donate the money to this group.



Character Education: High

March



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Dinner/Car Discussions

- Have each family member explain ways that he/she has shown self-control that day.
- Have family members tell about how they have seen other family members show self-control.
- Have family members share about times when they did not show self-control.
- Have family members explain some of the benefits of showing self-control.

“The experience of a sense of guilt for wrong-doing is necessary for the development of self-control. The guilt feelings will later serve as a warning signal which the child can produce himself when an impulse to repeat the naughty act comes over him.”
- Selma H. Fraiberg