

Welcome February!

February, the month of love, is everyone's favorite. It provides that special opportunity to express kindness and compassion all month long. Where to start? With thy self.



Let's Make Friends

Imagine there are tried and

tested ways to do this:

First, Choose a Friend or Family Member.

***Next Begin Your Honest Praise.
Here is How***

1. **Point out something nice** to a person you know.
2. Be specific about what you say.
3. That kind of praise is called **encouragement**
4. The person hearing it will do self-praise and say to him/herself something like "Good for me."
5. **Self-praise** is the most important kind of all.

Don't forget about yourself.

Child Tip

Your little one will watch you being kind and learn to be that way too.

Parent Tip

Make role modeling high qualities a way of life for you and your family. Start with using the words “please” and “thank you” with everyone in your household. “Please” shows respect, and “thank you” expresses appreciation. These two “expressions” are what will make “friendship-ready” kids.

Your Parent Input is Everything

Here is one more trick-of-the-trade that you will love.

Smile!!!

SMILE AND THE WHOLE WORLD SMILES WITH YOU!

Smile to
show kindness
connect with others
feel good
look great
and most of all
enrich your life!



FUN LIST OF VALUABLE, YET LITTLE-KNOWN, BENEFITS

Smiling...

1

Reduces Stress

2

Attracts More Friends

3

Promotes Good Health

4

Boosts Your Immune System

5

Contagiously Spreads to Others

YEAR-ROUND PARENTING CLASSES AT THE FOUNTAIN HILLS COMMUNITY CENTER
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New reading tip!

Always make sense

Build a connection with your child before you start your reading session.

Then get and keep your child's attention. Find books with simple

sentences and great pictures. Repeat your favorite words together.

THE WORDS YOU CHOOSE TO READ NEED TO MAKE SENSE TO YOUR
CHILD. IF THEY DON'T, CHANGE THEM SO THEY DO



Collect and use all past reading tips Same as before but better

Tip One - Read to your child often to give the finest preparation for learning to read. Rhythm, vocabulary, and feelings all count, AND IT ALWAYS NEEDS TO BE WHEN THE TIME IS RIGHT FOR BOTH YOU AND YOUR CHILD TO ENJOY READING TOGETHER.

