

Betty Adams Newsletter

March 2020



Important Dates:

- **March 23-27: Spring Break at Semper Elementary.** Register by March 9th for the regular rates.
<https://www.rrcc.edu/school-age-childcare/registration-forms>
- **Friday, April 10th: Full Day at Stevens Elementary.** Register by March 27th for the regular rates.
- **Wednesday, May 20th: last day of care for the school year** to allow us to close our school-year site and prep for summer.

Parent Resource Center:

Why Encouragement is More Powerful than Praise!

Criticism and negativity are damaging to anyone, especially children. Kids who experience them tend to develop low self-esteem, suffer from depression, and are unable to take healthy risks required to learn new skills. Mental health professionals and educators then began to teach positive ways for kids to feel good about themselves. This started the "Praise Movement" that taught kids the phrases of "I like it so much when you... This is so great... You are so special...which resulted in a new generation that once again could not take healthy risks, suffered depression, and had a low self-esteem.

Why did this happen?

- **Praise addicts kids to praise.** Kids start to fear losing that praise if they try something difficult that they can't do in a praiseworthy way.
- **Many kids see praise as manipulative.** Most adults are able to see when someone is lathering us with false accolades and kids start to see this.
- **Praise creates cognitive dissonance.** Kids who feel badly about themselves feel anxious because praise doesn't fit their sense of self. To relieve the tension, they act out to confirm their view of self. Instead of praise, try encouragement. "I noticed that you_____." Resist the urge to add, "and that's great!" Also experiment with mostly noticing effort and perseverance: "I noticed that you kept trying even though it was challenging."

Summer Registration:

Registration for our *Summer of National Treasures* is now open! Summer camp locations include:

- Hackberry Hill Elementary
- Red Rocks Community College – Lakewood Campus
- Bear Creek Elementary

Register online at: <https://www.rrcc.edu/school-age-childcare/summer-information>

Registration for the 20-21 school year opens mid-March!

Accounting: [rrcc.edu/school-age-childcare](https://www.rrcc.edu/school-age-childcare)
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Hours of Operation:
6:30am – 8:30am
3:20pm – 6:00pm

Staff List
Shannon Patrick
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