



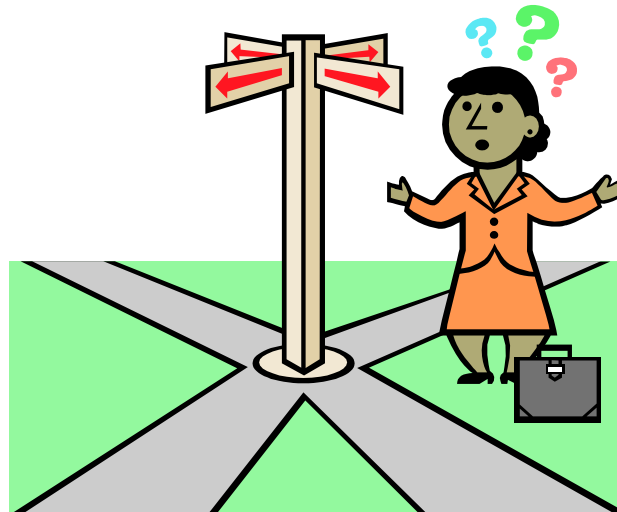
# HEALTH TIPS FOR SPRING 2009

**TEACHING KIDS LIFE SKILLS  
BY**

**JANE WEST, R.N.  
PARISH NURSE**

# TEACH KIDS TO LOOK FOR SOLUTIONS

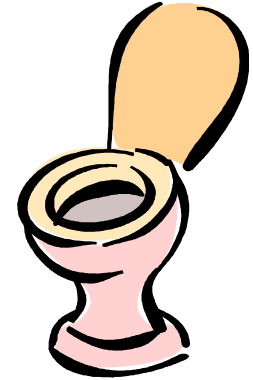
- All kids will face problems
- Help them to identify *several* options and solutions
- Help them select which solution will work best for them.



# GIVE THEM TWO POSITIVE CHOICES



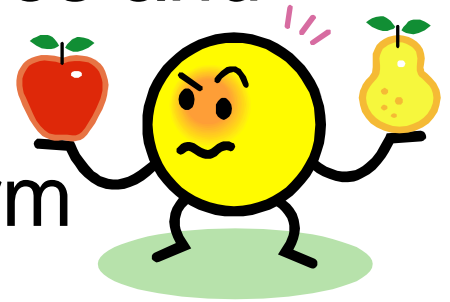
## *EXAMPLES*



- Do you want to do your homework in 15 minutes or in 30 minutes?
- Do you want to clean the bathroom or rake the leaves?

# HELP THEM TO MAKE GOOD CHOICES

- Teach them how to weigh the pros and cons of their choices
- Have them consider the long term consequences of their choices
- Let them make the decisions
- Have them base their decisions on Biblical principles and prayer



# TEACH KIDS RESPONSIBILITY

- Let kids know they are responsible for their actions
- They are responsible to do certain things:
  - homework
  - chores
  - family interactions





# TEACH KIDS HOW TO DEAL WITH FAILURE

Teach them that failure or difficult situations will happen and are a part of life

- Teach them that failure is not personal, permanent or pervasive
- Teach them to rely on their faith in God and look for meaning in difficult situations
- Help them to look for positives in negative situations

