

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Story Time Minot AFB Library 10:30AM Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	3 Junior Youth of the Year Youth Center 5:00PM Youth of the Year Youth Center 6:00PM	4 Gobble Up Skate Night Youth Center 6:00PM - 8:00PM	5
6	7 Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	8	9 Story Time Minot AFB Library 10:30AM Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	10 AFGSC Family Day Youth Center Open Rec and Teens Closed Child Development Center and School Age Care Reservation Preferred	11 Veterans Day Child Development Center and Youth Center Closed	12 Hidden Treasure Escape Room Game Begins Minot AFB Library International Games Day Minot AFB Library
13	14 American Education Week Begins Education Center 10:00AM - 2:00PM Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	15	16 Story Time Minot AFB Library 10:30AM Early Release Day Minot Public Schools 1:00PM Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	17	18 American Education Week Ends Education Center 10:00AM - 2:00PM Turkey Bingo Youth Center 6:00PM - 8:00PM	19
20	21 Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	22 Newbery Book Club Minot AFB Library 4PM	23 Story Time Minot AFB Library 10:30AM Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	24 Thanksgiving Child Development Center and Youth Center Closed	25 AFGSC Family Day Youth Center Open Rec and Teens Closed Child Development Center and School Age Care Reservation Preferred	26
27	28 Jiu-jitsu Class Youth Center 4:30PM - 5:30PM	29	30 Jiu-jitsu Class Youth Center 4:30PM - 5:30PM			

NOVEMBER 2022

Raising a Thankful Child



By Julie A. Riess

As we enter this season of Thanksgiving, we may find ourselves reflecting more often on how to raise a thankful child. At first glance, parents might think about how to teach the social scripts of thank you. Should a 2-year-old be forced to say thank you to Grandma for a gift? Should a 4-year-old sign a thank you note for a birthday present? Should a 6-year-old show appreciation for a large helping of spinach and cranberry sauce on his or her Thanksgiving plate?

Parents often have the best intentions of raising a thankful child as part of their parental job descriptions. We tend to use the social graces of please and thank you as one index of raising a "good kid." Indeed, manners such as these are important tools for getting along and working together with others in our society.

Even young children can be taught to say please and thank you. Giving them prompts (“What do you say?”), withholding the requested item (“You can’t have the cookie unless I hear the magic words”), and modeling (“Could you please pass the juice?”) are ways to encourage learning these manners. But is learning to say thank you the same as being thankful?

Think about something in the past year for which you are thankful. Is it a person, place, or thing? an event? a state of being? Did you say thank you? How did you express your gratitude? Did it feel sincere or more like satisfying a social grace?



The development of morality is marked in part by the emergence of the moral emotions such as shame, pride, guilt, embarrassment, and empathy. As these emotions develop, they allow children to feel a response in relationship to their own actions toward others. The emotional feedback contributes to that sense of sincerity.

Our gut reactions may highlight a comparison of manners vs. morals. While both reflect an aspect of how we treat others, children can use manners just by learning a script. The problem in learning scripts for manners for a child too young or separated from meaning is that children satisfy the social grace without experiencing the emotional response or acting upon their own intent. For example, 4-year-old Beth runs to greet her grandmother. “Thanks, Grandma!” she says, grabbing the present out of her grandmother’s hand. She opens the box

to find six pairs of white socks. Crestfallen, she says, “Thank you, Grandma, for my socks.” Beth’s first thanks is genuine appreciation for receiving a present, but her second thank you is the script that she is supposed to say.

Teaching manners is a fine art of modeling but not always the making of meaning. Raising thankful children is a fine art of helping them make their own meaning. Maybe it is a crumpled, crayon-scribbled card. Maybe it is a fresh bouquet of dandelions (and a few other weeds) from the back yard or local park. Maybe it is just a warm hug after a cold ice cream treat.

Children express some sense of thankfulness and desire to be appreciated all the time. It is our role as parents to model appreciation and reflect those genuine feelings back to the child. With a warm smile and a sincere voice, we can say, “Thank you for my beautiful card. I can tell you worked hard on it. You used so many different colors! It makes me feel really good and happy inside. I’m going to put it up right here on the refrigerator so our whole family can enjoy it.”

Thankfulness also emerges from children raised with the Golden Rule: “Do unto others as you would have them do unto you.” Like adults, children need to be exposed to genuine appreciation and to feel appreciated.

Many years ago on our family vacation, my 8-year-old daughter saved some of her carnival money and schemed a way to buy me a small candle and matching stand. The gift brought tears to my eyes, and we both knew our appreciation was genuine. And yes, I said thank you.

Source:
Raising a Thankful Child. NAEYC. (2022). Retrieved October 26, 2022, from <https://www.naeyc.org/our-work/families/raising-thankful-child>



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Encouraging Healthy Sleep Habits

By Hattie Harvey, PhD, NCSP

Sleep is critical to children’s everyday functioning. A good night’s sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits.

Why are sleep habits important?

Establishing healthy sleep habits early on helps to prevent children’s long-term sleep problems and other associated risk factors. Researchers have linked poor sleep habits to a greater risk for obesity, impaired memory and attention, and poor academic performance in school-age children (Aronen, Paavonen, Fjallberg, Soininen, & Torronen, 2000; Buckhalt, El-Sheikh, & Keller, 2007; El-Sheikh, Buckhalt, Cummings, & Keller, 2007; Meltzer, & Mindell, 2009). Further, insufficient sleep also has been associated with higher rates of aggression and can negatively affect interpersonal relationships with family and peers (El-Sheikh et al., 2007). Outlined below are some key concepts and strategies for establishing healthy sleep habits.

Key Sleep Strategies to Consider

Think of these strategies as a collection of related elements, all of which must be present to ensure healthy sleep habits.

1. Sleep Duration. Consider the total amount of sleep during both night and day: is your child getting enough sleep? The following table outlines basic recommended sleep durations by age.

2. Naps. Is your child taking naps or do you sometimes skip nap? Naps lead to optimal daytime functioning. If you miss one, try to keep your child up until the next sleep period

(or close to it) to maintain the child’s sleep pattern. Consider the following:

- By 4 months most children take three to four naps per day
- By 8 months most children take two naps
- By 21 months most children take one nap
- By age 6 most children no longer nap

3. Sleep Quality. When sleep is continuous, your child can naturally learn to fall back asleep following a brief awakening. Too many awakenings fragment sleep, disrupting brain growth and the natural sleep cycle. After 4 months of age, naps of less than one hour do not provide enough time for the brain to benefit from the nap.

4. Recognize signs of drowsiness. Nap and bedtime should begin during your child’s drowsy stage, not when she is overtired. Identify your child’s signs of drowsiness; they may include decreased activity, slower motions, drooping eyelids, yawning, and eyes that are less focused. Drowsy children also may be less vocal, quieter, or calmer. Your child may have more difficulty falling asleep if she is overtired; signs of overtiredness may include fussiness, eye rubbing, irritability, or crankiness.

5. Establish consistent bedtime and wake-up routines. Your routines may be adjusted based on age or your family’s preference. Avoid stimulating activities such as watching television or playing video games prior to bed, instead choose calming activities like reading or storytelling. Whatever you choose, keep the sequence consistent! Doing so helps to maintain your child’s internal clock on a 24-hour cycle. Note that infants younger than 4 months have immature internal clocks, so this does not apply to them.

6. Be a team player and communicate! Communicate with those who are involved in your child’s life, such as another parent, child care providers, a nanny, or relatives. Share your strategies and your child’s signs of drowsiness, so that they can also support establishing healthy sleep habits for your child.

Source:
Encouraging Healthy Sleep Habits. NAEYC. (2022). Retrieved October 26, 2022, from <https://www.naeyc.org/our-work/families/encouraging-healthy-sleep-habits>