

FOR YOUR INFORMATION

DEALING WITH STRESS

Parents, children, teachers and administrators are all subject to stress in our fast-paced world. We can all identify some of the signs: headaches, irritability, insomnia, anger, guilt, lack of interest in activities, and problems dealing with people. Some situations will always be stressful and need to be controlled with stress management techniques. Some basic techniques include:

- Proper diet and nutrition. Eat regularly and maintain your ideal body weight for good overall health.
- Exercise regularly to improve both mental and physical health. Regular exercise can help you feel more self-assured and relaxed.
- Separate work and home life. Leave home problems at home and work problems at work.
- Face up to your fears and insecurities. Try to avoid situations that provoke fear.
- Help others as much as possible to keep from dwelling on your own troubles.
- Take the time to develop a hobby or special interest.
- Be willing to compromise when the situation is called for.
- Take time to laugh.
- Tackle problems one at a time.
- Give other people the benefit of the doubt.

HELPING YOUR CHILD READ

Reading begins in the home. Parents help lay the foundation upon which reading is built and continue to influence how much and how well children read by their help and encouragement. Parents can help children become good readers in the following ways:

1. **Set a positive example for your child.** A child will imitate a parent and their reading habits. Teach your child the importance of reading through actions and by serving as a role model.
2. **Read aloud to your child.** Reading aloud to a child from an early age is the best way to help your child become a successful reader. Make this activity one of participation to enjoy and talk about books.
3. **Involve your child in writing.** Children can improve their ability to read by learning to express themselves on paper. Writing activities can include family messages, writing stories, writing letters, and keeping journals.
4. **Provide a good reading atmosphere in the home.** Establish a quiet area where books are available and reading can be enjoyed. Help your child establish a reading library with books of interest.
5. **Monitor how much TV your child watches.** Watching some quality programs can be beneficial, but more is not necessarily better. Children who watch too much TV tend to have more problems with school work.
6. **Visit the library regularly.** Allow your child to take the time to make personal book choices. Encourage various types of books and reading activities.
7. **Encourage independent reading.** Make sure your child has sufficient free time to be able to read books not connected with school.

*"As a general rule the most successful man in life is the man who has the best information."
Benjamin Disraeli*