



Childhood Fears

by Colleen Shemeley

Just as your children grow and change, so do their fears. Monsters under the bed, thunderstorms or loud noises may still cause your child to need your reassuring words and hugs. Some of the most common anxieties may include being

kidnapped, parents divorcing, someone dying, fires, burglars, school failure and being a social outcast.

Psychologists have discovered that distinguishing between fear and anxiety is often difficult in children. Fear is a response to a situation (a neighbor's dog), while anxiety is being worried about something that hasn't happened yet (a shot at the doctor's office). Once parents realize this difference, they can better help their child cope.

- The first and most important thing is to believe your child's fear. Talking about and affirming the existence of her fear will help your child. But be careful not to over talk the fear or express your own fears. If your child doesn't want to discuss it, encourage her to write a fictional story about another person with the same fears or draw a picture of what could happen.
- Fears can often be removed or reasoned through to a logical conclusion after evaluating reality. Make a plan of action if a mean dog comes too close. Practice on dolls the day before a visit to the dentist. The more independent your child feels, the smaller the fear can become.
- Try to recognize your child's signs of anxiety in order to quickly help. Some children may become introverted. Others will misbehave, and still others will have sleeping problems, headaches or stomachaches.
- Know the fine line between being a protective parent and being overprotective. Your child should feel safe but shouldn't be so insecure as to never want to be alone. Shielding unpleasant situations is part of a parent's responsibility, but children also must have the freedom to learn from their experiences and their mistakes.

If your child's anxiety repeatedly interrupts her daily life, consider consulting a counselor, pediatrician or pastor for advice on minimizing these heart-pounding fears.

http://www.focusonthefamily.com/parenting/your_childs_emotions/childhood_fears.aspx



Quiz: What do you know about... Bats!

- The common little brown bat of North America is the world's longest-lived mammal for its size with life spans exceeding _____ years.
- The world's smallest mammal is the _____ which weighs less than a penny.
- An anticoagulant from vampire bat saliva may soon be used to treat _____.

Halloween Dirt Cups

This dirt dessert recipe is a great cooking activity for kids. Made with chocolate pudding, crushed Oreos and gummy worms, these pudding dirt cups are as fun for kids to make as they are to eat.

Ingredients:

- 2 cups cold milk
- 1 4-serving size package instant chocolate pudding
- 8 oz. frozen whipped topping (such as Cool Whip), thawed
- 1-1/2 cups crushed sandwich cookies (such as Oreos)
- 20 gummy worms

Preparation:

1. Whisk together milk and instant pudding for two minutes, until pudding is completely dissolved and. Let stand 5 minutes to thicken.
2. Stir in frozen whipped topping and 1/2 cup of the crushed cookies.
3. Spoon into 10 cups.
4. Sprinkle remaining crushed cookies over the pudding mixture. Top with 2 gummy worms.
5. Chill until ready to serve



Quiz Answers:

- ❖ 32 years
- ❖ Bumblebee bat of Thailand
- ❖ Human heart patients

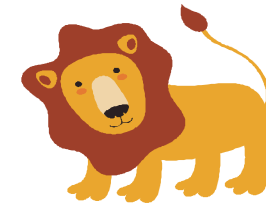


A Lion's Tail

October 2012



To: Miss Janice's Lions



October is for Spooky Fun!

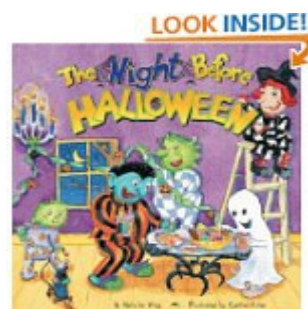
Our Lions are ready for an October filled with all sorts of creepy, crawly, spooky surprises! We've been working hard on lots of new challenges but, we still need to enjoy the best things about being a kid. Top of the list is our Pumpkin Patch Trip. Moms & Dads are welcome to join in an action packed outing of Halloween fun. In school, we will celebrate with a Halloween Parade and Party!

"Trick or Treat!" from the Lions

The Book Nook:

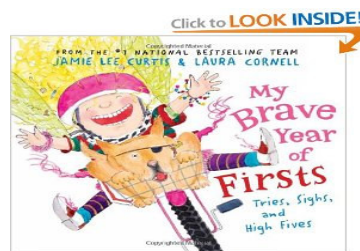
The Night Before Halloween By Natasha Wing

Little monsters and goofy goblins take center stage in this silly, spooky spin on Clement C. Moore's beloved poem. But what will happen on Halloween when the monsters come face to face with human trick-or-treaters in this fun-filled book.



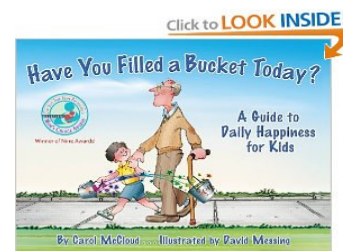
My Brave Year of Firsts By Jaime Lee Curtis

A fun read to celebrate the extraordinary, everyday bravery of trying new things for the very first time. Whether Frankie's learning to ride a bike, love her first dog, make new friends or help out her dad, she discovers that trying new things is how she grows—and that being brave enough to do so is what growing up is all about.



Have You Filled a Bucket Today By Carol McCloud

A delightful guide for children that encourages the rewarding experience of expressing kindness, love and appreciation on a daily basis.



ImagINation Learning Center

Teacher: MISS JANICE

CLASS: THE LIONS

What's Happening this Month?

Lessons:

Famous Americans
Nature & Animals
Parts of Speech/Writing
Numbers Counting &
Comparing Quantities
Sight words & Early
Reading Skills
Punctuation

Activities:

1-19 Edwards Art Silhouette Fundraiser
4 Jumpstarts Read for the Record
12 Ticonderoga Farm & Pumpkin Patch Field Trip 9:30-1:30
24 Cody & BJ's Halloween Music Show 10:30 am
26 Halloween Parade & Classroom Parties

In this Issue:

October is for Spooky Fun p. 1
What's Happening this Month? p. 1
Childhood Fears by C. Shemely p. 2
Quiz: What do you know About... BATS! p. 2
Halloween Dirt Cups p. 3
Quiz Answers p. 3
The Book Nook p. 4

