



The Verbal Advantage

In *Verbal Advantage* (New York: Random House, 2000), Charles Elster cites research demonstrating the "close relationship a large, precise knowledge of words and achievement in life" and draws these conclusions:

"A low vocabulary is a serious handicap. Ambitious and energetic persons can push ahead in their jobs just so far, but then they reach a plateau caused by low vocabulary... And while youthful zest and high aptitudes can enable us to forge

ahead despite low vocabulary, when we become mature the world expects us to know something and

we are judged on knowledge rather than our possibilities....

"Building a powerful vocabulary can help you advance in your career, because as you improve your skill with language you will become a better speaker, a better writer, a better reader, and a better listener. And, if you are all those things, you probably will be a more successful person."

Contributed by Richard Barnes, DPT

How to Set Healthy Boundaries with Your Child

by Debbie Pincus MS LMHC

How can you set good solid boundaries with your kids? Here are 4 tips that will help you get there:

1. Define your boundaries. To develop boundaries for yourself, you have to know what you value, think and where you stand. This is not always easy to define, but it's so important that your child knows who you are and what you believe. This doesn't mean you should be rigid; it means you communicate your personal values and stick to them. If your value is to be honest, for example, then talk it and walk it. Kids are guided in life by watching what you do, which often makes more of an impression than what you say.

2. Make your expectations known. Make a list of what you expect for yourself in relation to your kids. Think about what you can and can't live with; think through what matters most to you. Is it responsibility, loyalty, respect? If it's helpful for you, write it out. Tell your kids what your guiding principles are. Notice in coming up with this list that you are not attempting to control your child but



rather, you are taking charge of yourself. If one of your principles is "respect" and your son is frequently rude to you and calls you names, let him know the consequence ... (Continued on page 2)

Inside this issue:

Boundaries...(Cont'd)	2
Why do Children Spin?	2
Mind the Heat: A Teacher Reflection	3
Summer Camp Info	4

Quote of the Month

The cure for boredom is curiosity. There is no cure for curiosity.
-Ellen Parr

...he can expect from you each time that happens. Let him see that you respect yourself and will follow through. This is different than trying to "make him" speak the way you want him to. You're giving him the choice, but you're holding him accountable.

3. Get your focus on yourself instead of your child. When your child is acting poorly and not listening to you, think about how you can more clearly communicate what you expect—and hold her accountable when she doesn't listen. Try to say things in a way that conveys that you mean business; expect to be listened to and taken seriously. As difficult as it is to look at yourself openly and honestly, it will help you to stop doing the impossible—which is like hitting your head against the wall as you try in vain to control your child. Instead it will open you to the possibility of taking charge of *yourself*. By doing this, you will be continuing your own growth. Your own self-knowledge and maturity will help lead your kids to find theirs.

4. Let your child feel the impact of a crossed boundary. Help your kids experience the impact of crossing boundaries so that it becomes part of their reality. Admit when you have crossed someone else's boundary and apologize for it. And when your kids cross one, let them know and hold them accountable. Let's say you promise your child that

you'll drive him to the movies after he does his chores—but he plays video games instead. If you follow through by not driving him, your child will experience the consequences, and will come to understand on a deep level what you expect for yourself. He will know that you respect yourself and mean what you say. Eventually, he will learn good boundaries for himself and how to respect others, as well.

Don't Beat Yourself up

Sometimes parents have a hard time holding on to themselves and their boundaries even though they know it's in their kids' best interest. This can happen because we are simply worn out. You're having a difficult time staying "separate" from your child. We all have hard times, moments when we give in. Nobody—and no parent—is perfect. Instead of beating yourself up for this, you might have to let yourself off the hook for letting *them* off the hook. Simply try your best not to make it a pattern. You may have inadvertently programmed your kids to get you to finally give in out of exhaustion. Or you may have to consider that you are so wiped that it's not possible for you to hold on to yourself. In that case, you may have to work on building up your resilience through exercise, getting more sleep, and getting more involved in your own life and goals.

Why Do Children Spin?

"So, what is going on when children spin, roll, swing, bounce, jump, and generally get dizzy?" asks Jan White in her [Exchange](#) (May/June 2013) article, "Somersaults and Spinning: The Serious Work of Children's Neurological Development." She answers...

One of the most foundational requirements for good functioning in life and 'school readiness' is having a strong sense of equilibrium in relation to space and gravity. Strongly developed balance allows you to feel good in your body and able to control and manage it well. It operates automatically and unconsciously so that attention is fully available for other things. When it is not working well, however, we feel very unwell and it is difficult to think or -operate in daily life. This can be a common component of many special needs conditions, such as ADHD, dyspraxia, and autism.

The ability to detect motion and respond to it to provide balance operates through a sensory system called the vestibular sense. This system is the first sensory -system to start developing (16 weeks after conception) and our other senses both operate through it and need to be strongly integrated with it...

"A vast amount of movement is required for the brain to fully develop and then fine-tune its ability to interpret all the motion possibilities. This also needs to be matched with vision, hearing, and sensory information coming from inside the body (proprioception). Rather than actually balancing and staying still, it is movement in gravity that makes this sensory system wire up in the brain and body. It is perhaps not surprising to find that these are the very things that young -children most want to do and find such pleasure in!"

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Mind the Heat: A Teacher Reflection by Ms. Donna Redmond, Meliora at Bouldercrest

A Teacher Speaks about the "Never Leave Your Child Alone in a Car" Heatstroke Awareness Campaign

Since 1998 it has been reported that 1,559 children across the United States have died of heatstroke. I was not cognizant of the amount of casualties until I recently reviewed a webinar from the Georgia Department of Early Care and Learning. One child is left alone in an unattended vehicle every ten days. It was both surprising and appalling to learn that Texas was the state with the greatest number of child casualties. Casualties caused primarily by the child's parent or caregiver: 52% are forgotten by their parent or caregiver, 29% are children playing in an unattended vehicle, and 18% are left alone in a vehicle by an adult intentionally. No child should be left alone at any time.

Last year in the State of Georgia, there were 32 heatstroke deaths involving children. One fire department in Georgia received over 500 calls children locked in hot cars. In order to prevent casualties, we must all work together—parents, teachers, and community.

Parents and caregivers should develop a routine that helps them to remember that there is a child in the back of the vehicle. One suggestion is to make a calendar or alarm reminder for cell phones and other devices to make sure you drop your child off at their day care. You can also develop a plan with your center for calling if the child is late. Parents must be attentive to the routine when dropping off children and make sure that they get from the vehicle to their

classroom and make sure any other individuals dropping off the child follow the same routine.

As professionals in early learning and care for children, it is our responsibility to remind those responsible for children not to leave children in a vehicle unattended at any time. We will continue to support parents and families by providing educational webinars to our educators, to increase awareness, and possibly posting signs at the centers. Our goal is helping parents develop strong and positive routines to keep children safe and happy.

Furthermore, everyone is encouraged to be a responsible community member and if you see a child locked and alone in an unattended vehicle, call 911.





SMART SUMMERTIME FUN at Barrington

Visit us at <http://barringtonacademy.com>

June Themes:

June 3-7:
Mighty Jungle

June 10-14:
Pirates Ahoy

June 17-21:
Wild, Wild West

June 24-28:
Hawaiian Hullabaloo

**Ms. Christy's Class
Schedule**

Mondays = Craft Creations

Tuesdays = Water Play (bring swimsuit & towel)

Wednesdays = Themed Activity

Thursdays = More Water Play (bring swimsuit & towel)

Fridays = Themed Movie Day*

FIELD TRIP TO SKATING RINK

JUNE 28, 2013

*** ALL MOVIES MUST BE RATED G**

**Mr. Jay's Class
Schedule**

Mondays = Swimming* (bring towel & swimsuit)

Tuesdays = Field Trips: 6/11—Monkey Joes, 6/18—Yellow River Game Ranch, 6/25—Skating

Wednesday = Craft Creations

Thursday = Swimming* (bring towel & swimsuit)

Fridays = Themed Movie Day**

& Swimming* (bring towel & swimsuit)

***SWIM TEST REQUIRED & NO SWIMMING**

UNTIL JUNE 10, 2013

**** ALL MOVIES MUST BE RATED G**

School Age Schedule

June 3-Jungle Collage Activity

June 4-Safari Drum Craft

June 5- Jungle Animal Craft

June 6- Jungle Dioramas

June 7- Jungle Movie Day*

June 10- Treasure Chest Craft / SW

June 11- Design a Pirate Ship / SW

June 12- Time Capsule & Monkey Joe's Field Trip

June 13-Pirate Hat Craft / SW

June 14-Pirate Movie Day* / SW

SW = SWIMMING M, T, H & F AFTER JUNE 7th

*** ALL MOVIES MUST BE RATED G**

June 17- Cowboy Hats / SW

June 18- Western Bookmarks /SW

June 19- Name Plates & Yellow River Game Ranch Field Trip

June 20- Western Back Pack Clips / SW

June 21- Western Movie Day* / SW

June 24- Hawaiian Lei Craft / SW

June 25- Hawaiian Clothing Design / SW

June 26- Make Sandy Beach Cupcakes & Skating Field Trip

June 27- Luau / SW

June 28- Hawaiian Movie Day* / SW