

APPRECIATING YOUR 5 TO 8 YEAR OLD

It's a sure bet that the child *you* still consider your baby feels all grown up.

She can tie her shoes and ride the school bus. He plays team sports and reads chapter books.

Some experts call this stage “middle childhood,” but for most parents, it is most familiar as the period when the desire for hugs and kisses balances the thrill of independence.

Here are tips to help you navigate these years:

- ❖ Kids 5 to 8 often want to know why or how. Patiently answer their questions by both showing and telling.
- ❖ This is a great time to encourage responsibility. Teach children to make their beds, set the table for dinner or fold the laundry.
- ❖ Friendships become important, as does knowing you love them even when they disobey or make mistakes.
- ❖ Expect your children to challenge boundaries as they learn to form opinions. Use discipline as a guide to teach them appropriate behaviors and responses, rather than as mere punishment.
- ❖ Teach your children to respect others and help those in need by modeling and regularly discussing these expectations.
- ❖ Continue to play with and read to your children and spend special time with them one-on-one.
- ❖ Help your children set achievable goals and reward them when they succeed.



