



# Nursery School NEWS



## Director's Dialogue

by: Jane Adams

### Mayfair

Saturday, May 17th  
11am-2pm

We will have pony rides, moon bounce, all of the little games, pizza, and ice cream for sale. If you have McDonalds Happy Meal toys or other small trinket type toys that you would like to get rid of, please clean out your closets and bring them by, we will use them for prizes for our games, and everyone is a winner! Our Mayfair co-chairs are Tara Brown and Chrissa Sullivan. If you would like to get involved please give either of them a call.

#### Tara Brown

412.563.2350

tbrown712@adelphia.net

#### Chrissa Sullivan

412.343.1108

chrissawsullivan@adelphia.net

### Thank You!

Many thanks for the generosity of the following people who made donations to St. Paul's Episcopal Nursery School through their United Way donation:

Evan Bloch	Jonathan Edwards
Nathan Herring	Michael Hooton
Brian Portman	Craig Riner
Richard Sieber	Andrew Roman
Tracey Green	Phillip Eskew
Christian Cox	Carol Eskew

These funds are greatly appreciated and used for our financial assistance program

First of all, I hope that all of you who were able to attend Dr. Mogel's talk enjoyed it as much as I did. Well over 500 people from throughout the city attended. I was thrilled that so many people got to hear her message. In fact, that was my goal from the very beginning – to get her message out to as many people as I could. Not only was her message full of information and wisdom, her delivery was incredibly entertaining!

I asked a number of parents and teachers, while it was fresh in their minds, to run their most important take away message by me, and here is what some of them had to say:

**Consensus should not always be the goal between parents and their children.** Although, when our children are in agreement with us, everyone (both parent and child) feels less anxiety, hence, it is easier for us and we can then all feel more comfortable. But the reality is that sometimes parents need to *not* allow their children to do exactly what they want to do. Sometimes, as the parent, we need to set clear limits without allowing our children to argue with us ad nausea, as we lower ourselves to a three year old's level trying to reason with them in a futile attempt to get them to happily come to agreement with us. As a parent that is just not our job!

**Children learn through their mistakes, not by being perfect.** If we must always over protect and never allow for the momentary discomfort of mistakes our children will never learn to solve problems for themselves. They might end up with all A's but be totally unprepared for real life. A Child who is never allowed, for instance, to make the "cheap mistake" of making a poor grade on a test because they chose to talk on the phone with a friend rather than studying for their exam, may never learn how to use time wisely on their own once the parent is not there to oversee things. Sometimes the best life lessons are learned through natural consequences.

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# Director's Dialogue

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**We need to stop pressuring our children to do too much too early by over scheduling them with so many adult organized extra-curricular activities, enrichment programs, coaches, tutors and lessons.** They need time for creative play in unstructured environments and to be outside enjoying nature the way that most of us did when we were children. As Dr. Mogel reminded us, we may think our 3 year old is a “genius” because he can read some words – but guess what – “they are going to get over it – it will go away,” as eventually all of the other children will be reading too! If we want to have grandchildren, we must not always be so stressed, serious and anxiety ridden about our own parenting. If our children do not perceive that we are experiencing joy in our role as their parent, they may never want to be a parent themselves.

**Interviewing for pain – one of the teachers particularly liked Dr. Mogel’s point that parents should not allow themselves to become alarmed the instant that their child brings up anything negative about their day and then dwell on and on about the negative incident.** When a child, for instance, reports that someone was mean to them or would not play with them, if the parent immediately reacts by intensely “interviewing” the child about every little negative detail, the message to the child is that this is really an enormous problem. The message also holds with it the unrealistic expectation that life should always be “perfect” for the child and that anything less is really terrible! This is just not helpful for the child and does not encourage them toward independent problem solving.

**If we make our children more important than our marriage, we have set a scenario for disaster on many levels in our nuclear family.** When we treat our children and their lives as more important than our own and our relationship with our spouse, the pressure that our children will feel in terms of their role in the family is overwhelming. And this does not mean that we do not love our children more than our life itself, but it is just not fair to them to make them into our *entire* life. When was the last time that you and your husband went out on a date together? If we truly love our children, we will let them go.

**When our children are perceived as being so special that we must *always* set them up with the “best” teacher, the “best” coach, the “best” class, the “best” group of friends etc., they will never develop any resilience in life.** They will remain dependent on us to always be there to bail them out of life’s inevitable difficult situations. When we have shielded our children from ever experiencing disappointment in life, once they finally are faced with it, which is inevitable, they will be devastated rather than picking themselves up to try again. Rather than over protecting our children by hyper-vigilantly making sure that everything in their life is perfect – we should “teach them to swim” on their own.

# Director's Dialogue

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**We should remember to be thankful for the many blessings that we have in our lives so that our children will also learn to be thankful.** Our children know our priorities and what is important to us, and if our new car, nice house, or new flat screen TV is what really matters to us in life, our children will know it. A much better message to send to our children is how grateful we are for each of them, and we can start by showing our children how thankful we are for the time that we can share with them.

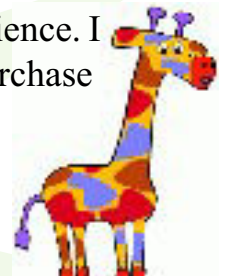
**We, the parents, have a right to our privacy and children need to be taught to respect our belongings from theirs.** That seems simple enough. But as this parent pointed out, her own children too often intrude into the parent's room without ever knocking and scatter their books and toys all over their parent's space without permission - just taking it all for granted. Expecting our children to acknowledge our right to occasional privacy and respect for our belongings translates into respect for us, the parent. It is easy for us to lose sight of ourselves as the adults in the relationship unless we establish some boundaries.

And finally - this was my own personal favorite point:

**Our children are not here for us to impose a life onto so that they will turn out the way that we want them to.** Our relationship with our children should be far richer and more complex than that. Each child is separate and unique – like a snowflake. As parents we need to honor that. We need to find a balance that imparts in our children self-control and resilience, and yet at the same time gives them the freedom to separate and individuate from us in a way that allows them to discover the unique self that they are meant to be.

And I quote Dr. Mogel here, *“The purpose of having children is not to create opportunities for our glory or for theirs. The purpose of having children and raising them to be compassionate, ethical, adults is to ensure that there will be people here to honor God after we are gone. So the rules regarding child-rearing are not primarily about making children feel good, but about making children into good people.”*

One final note, Dr. Mogel was as delightful, funny, and down to earth one on one as she was speaking in front of a large audience. All in all it was a totally worthwhile experience. I still have a few of her books left in my office if anyone did not have a chance to purchase one you can do so now.



# Nanny Available for Summer

Erin Egal, 4 year old teacher here at St. Paul's, is available to work as a nanny this summer. Erin has had experience in the past working as a nanny during the summer months, and can of course provide excellent references. If you or anyone that you know is looking for a highly qualified person to provide child care in their home this summer please contact Erin at 412-491-9659 or [egalerin@yahoo.com](mailto:egalerin@yahoo.com).

Calendar:

## Summer Play Camp

Summer program is filling up quickly, if you are planning to enroll your child and have not done so, you should turn your registration form into Kathi Workman. There are extra forms in Kathi's office if you need one.

Tuition is \$60 per week. When registering for up to 3 weeks, your tuition payment is due at the time of registration. If registering for 4 weeks or more, the remaining balance is due by June 9th, the first day of camp. In case of withdrawal, \$60 of the initial payment will be retained as a non-refundable processing fee. There will be no refunds for withdrawal unless the request is received at least 3 weeks prior to the first day of the program.

To participate in the 5-day program, children must have completed a 3 year old class or be 3 by September 1, 2007 and be toilet trained.

We will also offer a 3-day program for children who have completed the 2&1/2 year old class and are toilet trained. The cost of the 3-day program will be \$36 per week and the entire amount will be due at the time of registration.

## Calendar

Tuesday, April 22nd  
Earth Day!

April 2008						
S	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2008						
S	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Saturday, May 17th  
Mayfair 11am - 2pm

Tuesday, May 27th  
Last Day of School (Snow Make-up Day)



## **Nursery School News**

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