

The Weekly Word



JANUARY 7, 2019



What Older People Can Learn From Children

Children are constantly learning and growing with adults passing on their accumulated wisdom. However, there are a lot of things adults can learn from kids. From simplicity and honesty to never giving up, here is a list of life tips we can learn from children.

Let it Out – Children are known for expressing themselves. While sometimes this isn't the best (temper tantrums, anyone?), most of the time it's a healthy expression. Rather than letting your emotions build up inside you, take a cue from the kids and let it all out. Not only will this expression and acknowledgement make you feel better, it will also make room for whatever emotion is coming next.

Be Proud of Your Scars – Adults hide their scars and their pain, thinking wounds make them look weak. Children, on the other hand, show off their scars as they make them survivors. Whether your scars are physical or less visible, wear them proudly. You survived something to get that scar, and the world needs to see how amazing you are.

Follow Your Heart – Whether it's dancing to your favorite song or quitting that awful job, follow your heart just like the kids. Kids aren't afraid of embarrassing themselves, so they take risks without fear. This mindset can only help you as you move through adult life.

Its OK to Make a Mistake – Similarly, kids aren't afraid to fail because they believe in themselves. They jump into the deep end of the pool, take off their training wheels, and ultimately grow because of it. If you're too scared to make mistakes, you will never try anything new and will therefore never grow.

Be a Little Selfish – When you were a kid, you thought the world revolved around you, and you weren't afraid to brag about your accomplishments or to ask for what you needed or wanted. Try to bring back a little of that feeling now. Be the hero of your own story. Go ahead and brag about that promotion, and dare to ask for what you want.

Forgive – Kids fight, and then 5 minutes later will play together like nothing happened. This is because children don't have egos, and they don't hold grudges. Letting go is a key part of life. Give this a try, and do your best to let go of past trespasses. Your life will be much more carefree, and your relationships will be healthier.

Take a page out of a children's book, and try to incorporate these ideas into your everyday life.

TaylorEditor's Pick, Learning, Purpose

When Consequences Didn't Work for My Daughter With ADHD, I Did This Instead

What I Wish I'd Known Sooner blog post by Maureen Paschal
Nov 26, 2018

My daughter has always been messy, forgetful and disorganized. My way of dealing with these issues changed when she was diagnosed with [ADHD](#). Before then, my approach was to let her suffer the consequences of her actions.

For example, when she forgot her gym uniform at home, I simply let her take the demerit, rather than rescue her by bringing her uniform to school. When she forgot about a class project, I insisted that she make do with the few supplies we had at home. I wasn't going to make a late-night run to the store.

I hoped that over time she'd learn to not forget things. Or that she'd simply "outgrow" her disorganization. But instead, she became more and more stressed as she continually missed deadlines, lost papers and forgot her sports equipment.

She was failing over and over, losing confidence and feeling defeated. I hated that.

Then, when my daughter was diagnosed with ADHD in middle school, I decided my parenting techniques needed a change.

I realized that these "consequences" weren't working. I was harming her more than I was helping her. And I started to accept that there were some things my daughter wasn't going to magically outgrow. I would need to support her in learning skills she needed to succeed in school. [Click Here to Read More](#)

MY YEAR IN REVIEW

Check out this free printable (plus another choice) for your kiddos to complete and add to their lifebook.

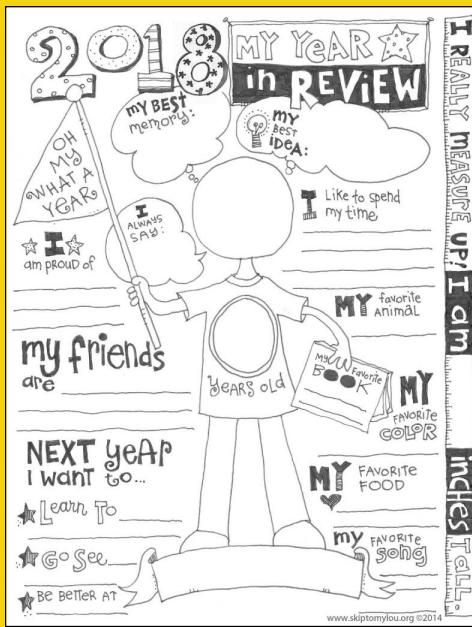
[OPTION 1](#)

[OPTION 2](#)

LIFEBOOK PAGES

IFAPA has created over 70 free lifebook pages for foster and adoptive families and social workers to use.

[VIEW LIFEBOOK PAGES](#)



FIVE THINGS YOU NEED TO SURVIVE AS A FOSTER PARENT

Source: Dr. John DeGarmo

In truth, though, taking in children from foster care into your house can certainly be a challenge. Behavioral issues, learning disabilities, emotional trials; all can be exhausting and trying for a foster parent. Yet, what many foster parents often overlook is the risk factor that goes along with taking a foster child into a home. As a foster parent, you become vulnerable to many possibilities, and it is important that you protect yourself and your family from the possible implications and investigations. Just as important is making sure you do not become overly exhausted and even burned out. [CONTINUE READING](#)

Raising a Child of Color in America - While White

Written By: Beth Hall (Source: Adoptive Families)
Our country is far from a "post-racial" society, as this last year has demonstrated. How can you ensure that your child will grow up feeling safe, secure in his identity, and close to your family? Commit to calling out racism and fighting injustice wherever you see it. [READ ARTICLE](#)

2019 21st ANNIVERSARY CELEBRATION DAY!

Saturday, January 26 | 11:00 a.m. - 7:00 p.m. | Des Moines, Iowa

[Free Admission](#)

I'll Make Me a World in Iowa, known for heating up January with Iowa's African American Festival, delivers a strong line-up on January 25 and 26. The 2019 Festival dominates January as the event to attend with a stellar line up of Celebrities and local performers.