

North Shore Children & Families

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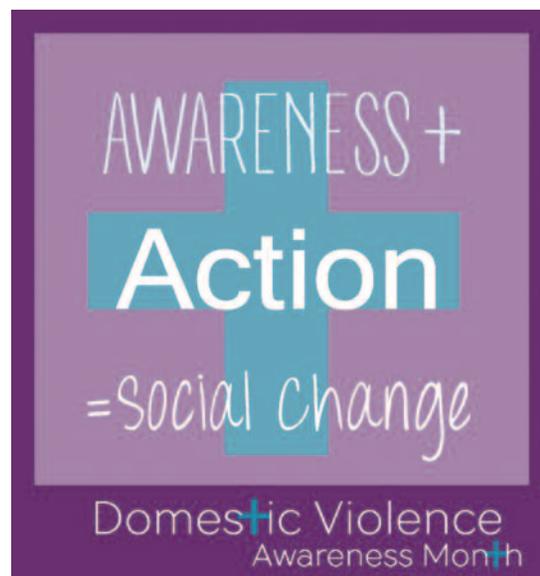
Breast Cancer Awareness Month



Bullying Prevention Awareness Month



Domestic Violence Awareness Month



Adopt A Shelter Dog Month



OCTOBER 2018

Setting Limits

Halloween: How to Set Limits on Your Kids' Candy Craze



by Dr. Kate Roberts, PhD

The countdown is on to all the Halloween festivities, but all that candy can take a toll on the kiddies' health and parents' mental health as they try to curb the sugar intake.

According to *NielsenWire*, the latest statistics show that Americans buy nearly six hundred million pounds of candy during the Halloween season. That boils down to about 1.9 pounds of candy per person. Sugar, the primary ingredient to all good candy, has little nutritional value and can negatively impact a person's mood, energy level, increase hyperactivity and is highly addictive. Why all the attraction to something so bad for us? Because it's good, it's abundant, we view it as part of every celebration – and during Halloween, candy tastes better than at any other time of the year!

But regardless of what our taste buds are telling us to do, with obesity and diabetes on the rise, not to mention the scare from the dentist, parents need to limit candy consumption, without eliminating it. One of the biggest mistakes that parents make during Halloween is not teaching balance and moderation when it comes to holiday candy and intake. Parents who view sweets as treats for a time of indulgence, like Halloween or Christmas, are setting an expectation. They are sending the message that candy is for special times, not every day. The tricky part is getting the kiddies on board. And while there is no magic potion, here are my wicked good tips:

Continued on page 4

Early Childhood Playdate and Puppetry

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Are You with a Bullying Partner?

by Dr. Kate Roberts, PhD

October is antibullying month and it's a great time for parents and children to take control of the bullies in their lives. The focus of stop bullying campaigns is often on child bullying, but bullying in adult couples needs attention, too. Husbands and wives bully each other without even recognizing it, negatively impacting their children who model behavior after their parents. A marital dynamic based on bullying often creates unhealthy victimizer and victim role models for children to emulate. Most couples come together out of love and they assume that decisions about family, finances and lifestyles will be made together. Over time, communication can erode and rather than operating as a team, couples can turn on each other with one spouse "winning" and the other "losing".

When the dominant spouse reverts to bullying behavior to control the relationship, one partner becomes a victimizer and the other the victim. Many victims of spouse bullying have a history of being victimized long before they get married, which can make them more vulnerable to marrying a bully.

Victims of spouse bullying often feel the following:

- Fear of doing the "wrong" thing and speaking their mind
- Belittled
- Judged and criticized
- Fear of raising concerns with their partner for fear of putdowns or judgments

When we think of bullying, we automatically assume it's outright aggression that defines bullying, and yet bullying in spousal relationships

can be subtler than that. **Here are some ways that bullying occurs in marriages:**

The cold shoulder. Have you often feared bringing up a controversial topic because you don't want to be shut out for days afterwards? The frozen-out feeling is sometimes worse than being yelled at. The silence manipulates you by making you ask what the problem is and forcing you to give in to keep the peace.

The passive-aggressive partner. The term passive-aggressive is frequently used to describe bullying spouses. Bullying spouses intentionally scare their partners and then accuse them of leaving them out of decisions and events. It's the spouse who shows up late for a planned dinner only to pout when people have already eaten without

them.

The controlling partner. This bullying type insists that you change in order to accommodate their needs. You must be neater, thinner, funnier, more organized and the list goes on. If you are feeling that you come up short by your spouse's high standards, then your spouse may be too controlling for anyone's comfort level.

The tit for tat partner. Many bullying spouses try to make a point of comparing how much they've done compared to the little contributions of their spouse. This results in a competitive, no-win situation. Do your conversations sound like, "Look how much I did today and how little you did?"

What are some signs that you may be a victim of a bullying partner?

Depression. Spouses who feel that they cannot live up to their partner's expectations and that they are always

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North Shore Children & Families



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for our upcoming deadlines.

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February	Noon, Wed., 1/16

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See page 8

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Setting Limits

Continued from page 2

- Teach kids to leave room for candy, and not to overeat during mealtime.
- Practice moderation of sweet intake during holidays. Parents who micro manage intake may end up with a child who overcompensates by sneaking candy or over eating any chance s/he gets.
- Regardless of whether a child has a weight issue, is a diabetic or has a mental or physical disability, because they are a child, they will want some candy for Halloween and at the holidays. Parents need to use judgment and moderation to help these children participate in the holiday festivities and still be healthy and safe.
- Teach and practice “mindful eating”, before Halloween and the other food indulgent holidays! This means asking children to be aware of their hunger levels when they eat sweets. Use a 1-5 rating scale to help them quantify their hunger. Once they admit they want to eat when they are not hungry, it will signal parents to teach them how to distract themselves during periods of sweet cravings. This helps children who have food issues to regulate their eating every day of the year.
- Plan to reduce the size of their candy bag or limit the number of houses they visit.
- Allow a child to eat the candy until it’s gone as their “regular” intake of sweets, not in addition to the treats they take in daily. As part of this it’s teaching kids to leave room for the candy, instead of eating a huge meal and still going after the candy.
- Allow the kids to indulge right after trick or treat, the night of Halloween, and then limit their intake to a certain number of pieces per day. For example, one with lunch, one with an afterschool snack and one after dinner.
- For overweight children, try to focus on certain types of candy, such as hard candy or candy like a lollipop that will last longer and tends to be lower in calories.
- Diabetic children will also want to have some candy. Parents of diabetic children report that if they practice moderation they have more cooperation, and less resistance and sneaking behavior then if they insist on total abstinence. This is the same for overweight children. Check with your doctor to stay safe.
- Some parents like to store candy in the freezer or fridge. When it’s colder, it’s more difficult to eat it fast and may be less tasty.
- Recognize that when babysitters or indulgent relatives are caretakers, the candy is more likely to come out. Rather than convince these caregivers how it’s not good to overindulge, best thing is to remove it when they are in charge, rather than delegate this decision to them.
- Share the candy by giving it to the troops abroad. Many local dentists have candy drop offs and send it out to troops.
- Have the Halloween Pumpkin or Witch exchange the candy left under the pillow for a quarter per piece of candy. The kids will make money instead of cavities! Or if a child is very overweight, consider talking directly about candy being against the goal of weight reduction and buy it back with a goal of doing something active and fun with the money.
- Be a role model by limiting your own Halloween candy intake and eliminating leftover candy from your stash immediately.

Have a Safe and Happy Halloween!

Dr. Kate Roberts is a psychologist and parent coach on the North Shore.

Children's Book Review

ABC, Black and White, and Things That Go

Written and illustrated by Jane Foster; little bee books



new books for the infant and toddler classrooms at the childcare center where I work. The books on the shelves were worn out, having been explored and enjoyed by so many kids. The infant room had only a few vinyl books among the rattles and teething toys. I wondered how board books would hold up in this room, where pretty much

EVERYTHING is mouthed. I also wondered if the babies would be interested in the books.

My questions were quickly answered. As soon as I put my three books on the floor, the babies crawled and toddled over to check them out. They eagerly picked up the books. Two children sat on the floor with books in their laps and began turning pages. Of course, one grabbed a book from another, but both children were easily appeased with another book. As soon as a baby put down a book, another would come by to pick it up. I sat with the children on the floor and read a bit to each one. They seemed to enjoy the sound of my voice, and the one-on-one attention. That day there were two babies who were not yet mobile in the classroom. They also had a chance to interact with the books as adults held the children in their laps while reading and turning the pages. Every baby was interested in these new treasures.

I checked back with the infant room staff a few days later. Sure enough, the books were holding up well. When I asked if the babies were still interested in the books, the infant teacher replied, "They really like them!" These books have been given the infant room seal of approval, and I am sure that you and your children will enjoy them together in your home.

Ann Britton Ranger is the Early Childhood Education Program Director at Beverly Children's Learning Center. She began collecting picture books when her own three children were young, and enjoyed sharing these stories while teaching preschool for many years.

Reviewed by Ann Britton Ranger

It is never too early to start reading to your children. Can they really hear while still in utero? Not sure about that, but even the youngest babies will enjoy the soothing sounds of a familiar voice reading aloud. In the beginning, it doesn't really matter what you read. The newspaper or your favorite novel will do just fine. However, if you are ready to start filling the nursery bookshelf, there are some great choices available in sturdy board book format.

While browsing at a local bookstore, I recently found three titles that are simple, engaging, beautiful and built to withstand busy little hands and baby drool. These books, titled *ABC*, *Black and White*, and *Things That Go*, were created by Jane Foster. Four additional titles are available for purchase as well, although my local bookstore did not have them in stock. These are titled *Colors*, *123*, *First Words*, and *Animal Sounds*.

It was the cover art that initially drew me towards the books, and once I picked them up, I was very impressed with their overall quality. Illustrations are simple and clear, and there are just one or two words on each page, perfect for babies. In *Things That Go*, attention-getting sounds such as "vroom, vroom", accompany the pictures. The books are just the right size for little hands, and they are made to last. I made my purchase, and the very next morning I put them to the test.

For some time, I had been looking for



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A Catholic, Xaverian Brothers Sponsored School for young men in grades 6 through 12.

Bullying Partner

Continued from page 3

failing in their partner's eyes can develop a sense of learned helplessness. Learned helplessness occurs when a person gives up trying to be successful because they are certain they will fail. As a result of giving up, they become depressed with symptoms that include sadness, lack of interest, decreased energy and inability to feel pleasure.

Panic. Are you a spouse that is always worried when the other shoe will drop? Are you in pre-panic mode before your spouse comes home because you're afraid of what you'll hear when they walk in the door? If you live with a sense of impending doom, it may be because you're in panic mode due to your fear of being bullied.

Anxiety. Are you constantly worrying about what will go wrong? Are you trying to anticipate every event that may occur before it does and control the outcome to please your partner? You may have generalized anxiety if that's the case.

Social Isolation. Do you feel that you have nothing to offer others and therefore isolate yourself or avoid

social situations? Bullied partners often don't want to take risks for fear that they will fail once again. They become withdrawn and fearful. Changing spouse bullying behavior can be difficult, but not impossible. Bullies are people, too, and they often act the way they do out of habit. They have been conditioned to put down others as a way to make themselves feel better and more in control, or even more secure. Often the first step to change is awareness. The desire to change comes when they recognize that treating loved ones badly is destructive and makes family dynamics fearful as opposed to loving. Help is available through a combined approach of cognitive-behavioral therapy (CBT) and couples/family counseling. The couples/family counseling offers feedback as to how the bully is behaving and impacting loved ones. And once they are motivated to change after receiving heartfelt feedback, the CBT offers practical strategies for change. If we want to stop children from bullying, changing parents' bullying behavior is essential.

October is #StopBullying month. Please help end bullying.

Dr. Kate Roberts is a psychologist and parent coach on the North Shore.

Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

by Leah Okimoto, Founder

The recent gas explosions in Lawrence, Andover and North Andover hit our communities and our youth and families very hard. This sudden catastrophe killed one promising young man who was just sitting in his car on a Thursday evening, and it burned and destroyed homes and property and displaced thousands of people and left many without gas, heat, hot water and cooking ability for the coming weeks. Many lost food, income and whatever financial cushion they had, and have been leaning on the community for much-needed supplies and assistance. On the other side of all of this damage, communities have come together in a big way, and the kindness, compassion and humanity on display during that intense weekend and still continuing has brought hope,



beauty and help to many. Thank you to all of the thousands of people and organizations who did not hesitate and just jumped right in to help in so many ways!

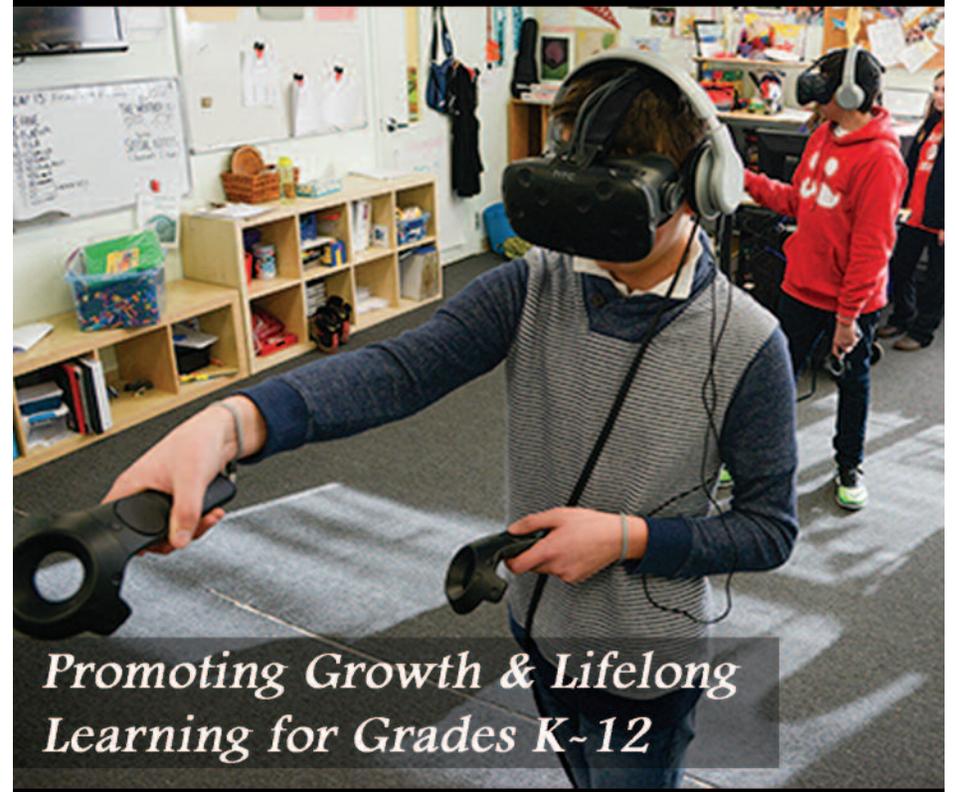
For those of you who would like to help a woman who is near and dear to our hearts, please consider helping Gina Diaz, the mother of one of our Mentors in Lawrence, who lost everything when her apartment building burned. Because it happened two days after most of the explosions, and after people had already given so much, it has been more difficult to raise money for her to rebuild her life. But we will not stop trying to help her until she has what she needs to get back on her feet. She is 55, disabled and on a fixed income, and she lives alone with her daughter and granddaughters nearby. She is a breast cancer survivor who worked at 3M for 10 years but had to retire early due to the effects of cancer treatment. We have set up a *GoFundMe* page for her (www.gofundme.com/support-for-gina-diaz), and she could also use furniture and housewares. Thank you for whatever you can do to help Gina and the many others who have suffered and need help to recover.

Our youth were also back in action this past week, handing out much-needed toiletries such as deodorant, fragrance-free lotion and dental supplies to homeless adults. They spread boundless energy, love and compassion and brought smiles to many faces. 7th grader, Holly from Andover, made many of these bags this summer and came to give them away. And Mariam, Ernestine, Joylyn and Ashley, now new 9th graders in Lowell, had been planning to do this since they were in 8th grade and finally got the chance to carry out their vision. We are so proud of them for always returning to their commitment to contribute to their communities. They seem even more focused on doing so now that they are in high school, and it is amazing to see how much they have grown since we met them and partnered on their first project in 6th grade.

For more information about how a child you know might participate, or would like to support our work as a Mentor, Volunteer or Sponsor, please visit aaronspresents.org or contact one of our staff members below.

Leah Okimoto is the Executive Director of Aaron's Presents, a 501(c)(3) nonprofit organization that she founded in 2014 in memory of her infant son, Aaron. Feel free to contact: Leah at lokimoto@aaronspresents.org or (978)809-5487; Kimberly LaBonte-Kay, North Shore Regional Director, at kimberly@aaronspresents.org or (978)886-6312; or Ebony White, Lynn Project Mentor, at ebony@aaronspresents.org or (978)886-6257.

Clark School



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THE FALL 2018 INDEPENDENT SCHOOL SHOWCASE

PART 2 OF 3

Visit us online at www.northshorefamilies.com to see our online Independent School Showcase; featured ads link directly to the schools' websites.

Schools: Join us next month for Part 3! All school ads receive an editorial bonus.

Secure your ad space by noon, Wed., October 17, to have your school appear in our November Showcase.

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Glen Urquhart School is an independent, coeducational day school located in Beverly Farms, for students in preschool to grade eight. With commitment to knowledge, creativity and character, teachers at "GUS" share an experiential, place-based philosophy that integrates subjects and creates challenging opportunities for students. We encourage passion for knowledge and the excitement of discovery.

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The 23-acre GUS campus is designed to promote environmental awareness and appreciation and features nature trails that wind through woodlands and past vernal ponds, bright and open classrooms, a 7,000 square-foot greenhouse and historical architecture. GUS offers extended care, afternoon enrichment programs, financial aid and bus transportation from surrounding communities.

The second annual "North Shore Nature Fair" will be held on campus Sunday afternoon, November 4th, when GUS will debut its brand new nature-scape and playground. Please contact Director of Admission, Kristie Gonzalez, at kgonzalez@gus.org or 978-927-1064 x115 for more information or to schedule a campus tour. Learn more about our school community at gus.org.

At **Shore Country Day School** in Beverly, extraordinary teachers and a transformative approach inspire children for the rest of their lives. Deeply grounded in the liberal arts, and enhanced by curriculum-wide emphasis on inquiry and creative expression, Shore's rich program and caring community help each child find their spark. Shore faculty members are recognized by parents year after year for their ability to engage every learner in adventurous education; they are proud to see themselves as guides and coaches placing students of every age at the center of their own learning. The Shore education emphasizes emotional growth and social responsibility just as much as academic achievement. Recess, physical education and team sports are core to Shore's program, and the school's Community Code exemplifies a deeply felt dedication to the well-being of the whole child. Inside the Center for Creativity, robust offerings in studio arts, music, drama, design and engineering prepare students to thrive in a changing world that values flexible, agile thinking which crosses old boundaries with ease. Shore's stunning Innovation Lab is a model that top schools come to study, and its renowned outdoor education and service learning programs – from day trips in Pre-K to international travel in Grade 9 – are the most extensive in the region. Whether inspired by a caring teacher or coach, inspiring an audience through the arts or finding inspiration in a risk taken, students at Shore discover the excitement of experiencing the world with curiosity, compassion and courage. www.shoreschool.org

St. John's Prep: Good grows at St. John's Prep. It starts in small classes led by dynamic and caring teachers who encourage students to go for the deeper understanding – of themselves and the world. Every experience and every interaction are opportunities for students to grow and discover all they are capable of being and doing. As one of our seventh graders puts it, "The teachers don't lecture. They make you think."

A holistic focus on wellness infuses every part of school life because we believe that wellness engages the mind, energizes the spirit and strengthens the body. You see it in courses from ethics and neuroscience to robotics and playwriting, where students learn to innovate, collaborate and think across disciplines. And you see it after school, when the campus is alive with endless opportunities for students to learn and lead. The new 88,000 square-foot Leo and Joan Mahoney Wellness Center, with an eight-lane pool and four-court field house, expands opportunities for students in athletics, recreational sports and fitness.

Students come to St. John's from 80 different communities and go on to top colleges and universities. Located on a 175-acre campus in Danvers, we offer tuition assistance and transportation is available on eight convenient routes. St. John's was founded on the five core values of the Xaverian Brothers – compassion, humility, simplicity, trust and zeal. Those values continue to guide and inspire young men to become forces for good. Come for a visit and you'll see! www.stjohnsprep.org

Waldorf School at Moraine Farm is an independent, non-profit school, founded in 1986, and located on eleven acres of the historic Moraine Farm property in Beverly.

Waldorf education brings fact learning together with experiential artistry. Facts aren't simply memorized for purposes of test taking. Information is discussed, processed and absorbed in ways that ensure the understanding is deep and the development of intellect is unfettered. History lessons can be sung, world leaders can be drawn, animals can be knitted out of wool. Mastery of multiple skills helps develop the students' confidence in their ability to meet new challenges. We don't teach students what to think, we teach them how to think. Imagine that!

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The information contained herein was submitted by the participating schools.

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