Help Your Child Persevere
Dr. Michele Borba

Formative Activities for Parents

ACTIVITIES FOR PARENTS
- Oct. 3 - Theology Class for Dads/2nd PQF (Afternoon School)
- Oct. 4 - 1st Sunday Recollection
- Oct. 5—World Teachers’ Day
- Oct. 6—Anniversary of the Canonization of St. Josemaria Escriva
- Oct. 7—Middle Childhood Plenary (Case #3)/Feast of Our Lady of the Most Holy Rosary
- Oct. 10—Theology Class for Dads/NPEP Module 4 at Woodrose School
- Oct. 15 - 3rd Thursday Recollection at Molave Center
- Oct. 17—Theology Class for Dads/NPEP Module 4 at Southridge School
- Oct. 21-23 2nd Quarterly Exams
- Oct. 24—Theology Class for Dads
- Oct. 24-25—Grade 7 Father & Son Outing
- Oct. 25—4th Sunday Recollection/Basic Catholic Doctrine Class for Afternoon School Dads & Moms
- Oct. 26—Start of Semestral Break for Students
- Oct. 31—Theology Class for Dads

1. **Commit to Raising A Moral Child**—How important is it for you to raise a moral child? It’s a crucial question to ask, because research finds that parents who feel strongly about their kids turning out morally usually succeed because they committed themselves to that effort. If you really want to raise a moral child, then make a personal commitment to raise one, and don’t stop until he does.

2. **Be a Strong Moral Example**—Parents are their children’s first and most powerful moral teachers, so make sure the moral behaviors your kids are picking up from you are ones that you want them to copy. Try to make your life a living example of good moral behavior for your child to see. Each day ask yourself: “If my child had only my behavior to watch, what example would he catch?” The answer is often quite telling.

3. **Know Your Beliefs & Share Them**—Before you can raise a moral child, you must be clearly about what believe in. Take time to think through your values then share them regularly to your child explaining why you feel the way you do. After all, your child will be hearing endless messages that counter your beliefs, so it’s essential the she hears about your moral standards. TV shows, movies, newspapers, and literature are filled with moral issues, so use them as opportunities to discuss your beliefs with your child.

4. **Use Teachable Moments**—The best teaching moments aren’t ones that are planned—they happen unexpectedly. Look for moral issues to talk about as they come up. Take advantage of those moments because they help your child develop solid moral beliefs that will help guide his behavior the rest of his life.

5. **Use Discipline as a Moral Lesson**—Effective discipline ensures that the child not only recognizes why her behavior was wrong but also knows what to do to make it right next time. Using the right kind of questions helps kids expand their ability to take another person’s perspective and understand the consequences of their behavior. So help your child reflect: “Was that the right thing to do? What should I do next time?” That way your child learns from his mistakes and grows morally. Remember your ultimate goal is to wean your child from your guidance so he acts right on his own.

10 TIPS FOR RAISING MORAL KIDS

Home is the best school for teaching moral behaviors. Here are 10 parenting tips from Building Moral Intelligence: The Seven Essential Virtues that Teach Kids to Do the Right Thing by Dr. Michele Borba.

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6. **Expect Moral Behavior**—Studies are very clear: kids who act morally have parents who expect them to do so. It sets a standard for your child’s conduct and also lets her know in no uncertain terms what you value. Post your moral standards at home then consistently reinforce them until your child internalizes them so they become his rules, too.

7. **Reflect on the Behaviors’ Effects**—Researchers tell us one of the best moral-building practices is to point out the impact of the child’s behavior on the other person. Doing so enhances a child’s moral growth: (“See, you made her cry”) or highlight the victim’s feeling (“Now he feels bad”). The trick is to help the child really imagine what it would be like to be in the victim’s place so she will be more sensitive to how her behavior impacts others.

8. **Reinforce Moral Behaviors**—One of the simplest ways to help kids learn new behaviors is to reinforce them as they happen. So purposely catch your child acting morally and acknowledge her good behavior by describing what she did right and why you appreciate it.

9. **Prioritize Morals Daily**—Kids don’t learn how to be moral from reading about it in textbooks but from doing good deeds. Encourage your child to lend a hand to make a difference in his world, and always help him recognize the positive effect the gesture had on the recipient. The real goal is for kids to become less and less dependent on adult guidance by incorporating moral principles into their daily lives and making them their own. That can happen only if parents emphasize the importance of the virtues over and over and their kids repeatedly practice those moral behaviors.

10. **Incorporate the Golden Rule**—Teach your child the Golden Rule that has guided many civilizations for centuries, “Treat others as you want to be treated.” Remind him to ask himself before acting, Would I want someone to treat me like that? It helps him think about his behavior and its consequences on others. Make the rule become your family’s over-arching moral principal.
HELP YOUR CHILD PERSEVERE  
by Dr. Michele Borba

Many historians feel that one of Winston Churchill’s greatest speeches was given at a graduation ceremony at Oxford University. He had worked on the speech for hours. When the moment finally came, Churchill stood up to the cheering crowd, and in a strong, clear voice shouted just three words, “Never give up!” He paused a few seconds and shouted the words again, “Never give up!” He then reached for his hat and slowly walked off the podium, satisfied that he had told the graduates the messages they needed to succeed.

We need to make sure we pass on Churchill’s message to our own children. Only when children realize that success comes from hard work and diligence will they be the best they can be.

The following techniques, from my latest book, Parents Do Make A Difference: How to Raise Kids With Solid Character, Strong Minds, and Caring Hearts, are designed to help your child understand how critical perseverance is to achieving success in every arena of life.

Define “perseverance.” Take time to explain that perseverance means “not giving up” or “hanging in there until you complete the task you started.” When your child sticks to a task, point it out: “There’s perseverance for you. You hung in there with your work even though it was hard.”

Teach “don’t give up” words. Help your child tune into the language of persevering individuals so that he can learn to use the terms in his own life. Ask, “What are the kinds of things you heard people who ‘don’t give up’ say?” Write a list of phrases, such as “I can do it!” “I’ll try again,” “Don’t give up!” “I don’t quit!” and “I’ll give it the best I have.” Add the heading “Don’t Give Up Words” and hang up the poster; encourage everyone to say at least one phrase a day.

Model effort. Take a pledge, especially this month, to show your child how you don’t give up on a task even when things get difficult. Before starting a new task, make sure your child overhears you say, “I’m going to persevere until I am successful.” Modeling the trait is always the number one teaching method.

Start a family “Never give up!” motto. Begin using the family motto “Don’t quit until you succeed.” A father once told me that conveying this life message was so important that they spent an afternoon together brainstorming family anthems about perseverance, such as “Try, try, and try again and then you will win,” “In this family, we finish what we start,” and “Quitters never win.” They wrote them on index cards, and his kids taped them on their bedroom walls. Develop your own family anthem as a reminder that your family code of behavior is to never give up.

Create a “Stick to It” award. Ask your child to help you find a stick at least the length of a ruler to acknowledge “stick-to-iteness. A family in Seattle uses an old broomstick; another mother said her family uses a yardstick. Print “Stick to It Award” across the stick or dowel with a black marking pen. Now tell everyone to be on alert for family members showing special persistence for the next month. Each night have a family gathering to announce the names of family members who didn’t give up, and print their initials on the stick with a marking pen. Make sure to tell the recipients exactly what they did to deserve the award. Make it a content to see how long it takes to fill the stick with family members’ initials. Child love to count how often their initials appear on the stick!

Children learn best through repetition, so why not make perseverance your family theme of the month? Print the word “Perseverance” on a large poster and hang it on your refrigerator as a reminder and then everyday take a few minutes to point out to your kids why it is such an important trait of success. And above all remember: parents do make a difference!
HOLY MASS
• Daily 12 noon Mass at the Chapel of the Holy Family.

RECOLLECTIONS
• 1st and 4th Sunday Recollection for Fathers (Holy Mass for the Families at 11 am)
• 3rd Thursday Recollection at Molave Study Center

THEOLOGY CLASS FOR DADS
• Every Saturday, 10:00–11:00 am at the Academic Office Conference Room, 2nd Floor of SR Building
• Every 4th Sunday, 8:30-9:00 am (for AS fathers)
• Every 4th Sunday, 9:15-10:45 am (for AS mothers)

CONFESSION/SPiritual DIRECTION
• By appointment

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RETREAT SCHEDULES FOR DADS

Oct. 1-4 (Thurs-Sun)  Makiling Main
Nov. 12-15 (Thurs-Sun) Tagaytay Conference Center
Nov. 19-22 (Thurs-Sun) Tagaytay Conference Center
Nov. 28-30 (Sat-Mon) Sangandaan (Open Retreat)
Nov. 30-Dec. 2 (Mon-Wed) Tagaytay Conference Center
Dec. 3-6 (Thurs-Sun) Tagaytay Conference Center
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Dec. 10-13 (Thurs-Sun) Tagaytay Conference Center
Dec. 14-16 (Mon-Wed) Makiling Main

Retreat fees (inclusive of meals) :

Makiling Conference Center (West Wing)
Mon to Wed - Solo Room (P4,050); 3-in-a-room (P2,280)
Thu to Sun - Solo Room (P4,500); 3-in-a-room (P3,150)

Makiling (Main) & Tagaytay Conference Center
Fee is P5,400 (single room)

For reservations and inquiries, please contact Ms. Leila Leries of The Philippine Foundation at 818-6004 local 201 or 0928-5063888 or email philfoundation@pldtdsl.net.