



As the new school year arrives, so do stress and anxiety for many parents and kids. Going back to school can be exciting and stressful at the same time; change is challenging for most people. The pressures to fit in, to achieve, and to excel seems to grow every year. Having unrealistic expectations – wanting to be perfect, look perfect, and have everything run smoothly all of the time – is a setup for disappointment, shame, and self-criticism.

Accepting our imperfections and mistakes isn't an excuse for bad behavior. Self-acceptance is actually a necessary precursor to change. This school year can be more satisfying for everyone when you embrace a progress mindset over perfection. Check out these tips from <https://blogs.psychcentral.com/imperfect/2016/08/embrace-progress-not-perfection-this-school-year/>

Instead of expecting perfection, embrace the progress! Look for growth, effort, and engagement!

You don't have to make your kid's life perfect.

If your child forgets their homework you don't have to run to the rescue. They don't need you to make fancy lunchbox treats. It's not helpful to model overachieving in this way. Rest assured, your child will feel sufficiently nourished and loved with an ordinary ham and cheese sandwich.

Set your expectations based on your values.

Pushing your child to be the best at something almost always comes at the expense of their peer relationships and mental health - as parents we want to focus our expectations on what we value. Instead, tell your child that their social, physical, and emotional health are your top priorities. When it comes to grades, let your child know that you're looking for effort, improvement, open-mindedness, and a positive attitude.

Talk to your child about your own failures and imperfections.

Maybe there's imperfections you've fixated on in the past that you now know doesn't matter. Maybe there's something you are trying to work on in the present day. You can help your child with their personal struggles against failures and imperfections by letting them know you struggle with them too. We are all works in progress - it helps your child to know that they aren't alone, and that our imperfections and failures don't define us.

Winning isn't everything

"It's not whether you win or lose. It's how you play the game." It may feel good to win or receive an award or get an "A." But let's remember that life isn't a destination; it's a journey. Don't miss out on all the joys of trying new things because you might fail. Encourage your children to try a new sport or after-school activity this year. It might be fun even if they're not the best on their team.

"Success" is a process dotted with failures.

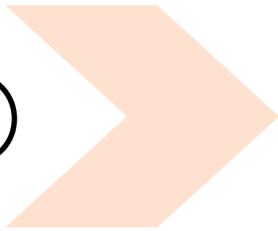
Success, however you define it, is achieved by repeatedly putting in effort, correcting and learning from mistakes. One doesn't become successful by avoiding failure, but by growing through it. Help your kiddo reframe failures as stepping stones to success.

**STRIVE FOR
PROGRESS
NOT PERFECTION**





Cree WORD OF THE WEEK



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Nice day

KTC KIDS CHALLENGE OF THE WEEK

Learn a new hobby

Is there something you have always wanted to try?
What is something new you can learn to do this fall?
Maybe there is a new book you want to read, or maybe you
want to learn how to play a new game?

LET'S MAKE SOMETHING Pinecone Bird Feeders

Follow these steps for an easy-to-make bird feeder!



You will need

- Pine Cones
- Paper Plate or Tray
- Scissors
- Peanut Butter
- Bird Seed
- Popsicle Stick
- Small Bowls
- Twine or String
- Stick

Directions

1. Place the pine cone onto a paper plate or plastic tray and spread peanut butter on it. You can use a popsicle stick to spread it if you like.
2. Sprinkle bird seed on the pinecone so it sticks to the peanut butter.
3. Cut the twine or string into an 8-inch long piece, and tie it around the top of the pine cone and hang them from a tree or hook.

Hang them outside the window and watch all the different birds that come to visit!

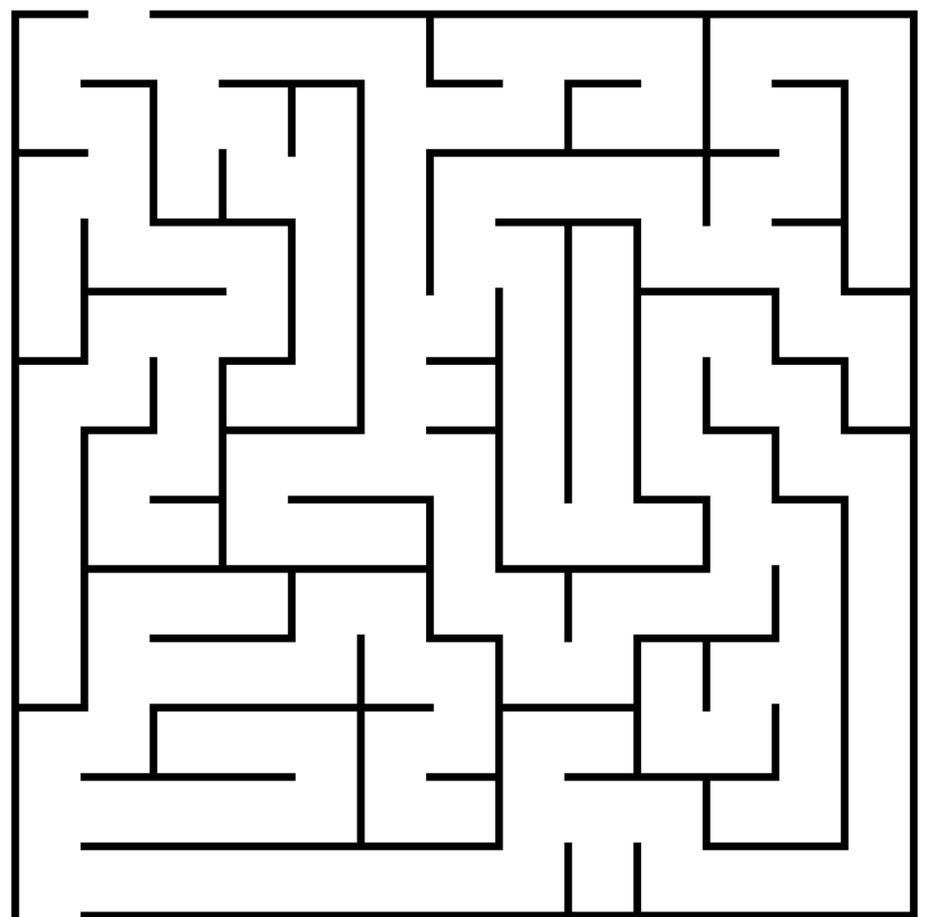
From <https://preschoolinspirations.com/pine-cone-bird-feeders/>

GAME OF THE WEEK

PUMPKIN PATCH MAZE



START



FINISH

