

Hillcrest Calling

Volume XXXXV, No. 5

However many years anyone may live,
Let them enjoy them all.

May, 2017

—Ecclesiastes 11:8

Raising Helpful Children

Teaching your kids to do chores is a good idea, not just because it helps you but also because it helps them! “Knowing how to clean the house, cook a meal, wash their clothes, and manage time and money are all necessary skills kids need to learn,” says child psychologist Dr. Bob Myers. “As parents, we have to find ways to teach them these skills and still make them feel valued for the work they have done.”

Despite the benefit of having kids do chores, though, getting them into the habit can be challenging. It may seem easier, for example, to just hurry and mop the kitchen floor yourself rather than monitor an 8 year old as he wields the mop as a ninja weapon. But getting kids into the habit of helping around the house doesn’t have to be a chore!

Below are some tips for planning a successful chore routine in your house, as well as some ideas for which chores are appropriate for your child’s age.

Get started right away. When you consider starting a chore routine, it may be tempting to put off the practice until kids are old enough to help with big tasks like laundry or dishes. But your kids will do those “someday chores” like laundry and dishes even better if you get them started on simple tasks today. Starting young will begin to develop their work ethic and sense of responsibility--two things that will serve them well in every stage of life to come!

Provide clear expectations. Explain to your child what jobs you are assigning to them and how frequently those jobs need to be done. For instance, you might say, “I’d like you to pick up your toys every day and organize your bookshelf once per week.” It can also be helpful to post a list or chart with this information.

Make instructions specific. Because we, as parents, have done chores for so long, we often assume our children know exactly what we want completed. But it can help to spell things out for a young learner. For instance, you might say, “When I say I want you to pick up all your toys, I mean that every toy needs to be off the floor and put back on the shelf or in the toy bin. When I say I want you to organize your bookshelf, I mean I want you to take out any toys or other items that do not belong on the bookshelf. I then want you to straighten the books so all of them are facing the same way.”

Show them. The first time you assign a chore, do the chore with your child. Demonstrate each step and point out things that help you do a good job. The second time they do the chore, verbally remind them how to do it, but let them do the chore themselves under your supervision. The third time, let kids attempt to do the chore independently and check their work upon completion.

Be consistent. Because supervising your kids takes emotional energy, it may sometimes be tempting to just quickly complete their chores yourself rather than listening to them whine or complain. However, in order to build a habit, it’s important that you require kids to do their own chores every day. After several days of doing chores successfully, you can even prompt them, “I don’t even need to remind you to do your chores anymore. When you get home from school or after dinner, you are big enough to get started on your own.” You may want to link chores to some sort of reward to increase the kids’ motivation to complete them. For example, you might say, “Once you finish your chores, you can go outside to play with friends,” or “When your chores are finished, you can play video games for a half hour.”

Put the perfectionism on pause. Keep in mind that even another adult would probably do any given chore slightly differently than you would. With a child, expect there to be even more differences! Rather than critiquing each step of their process, try to focus on giving feedback after the job is completed. Praise the outcome...and, if needed, try to offer just one suggestion for doing an even better job next time.

(Continued)

Raising Helpful Children Cont'd

Age-Appropriate Chores

Toddlers can...

Pick up their toys
Wipe up spills
Dust
Fill pets' dishes
Collect items from around the house
Stack up papers, books, or magazines
Place their dirty laundry in a hamper
Match socks from the laundry

Young elementary students can do all of that, plus...

Make their bed
Strip dirty sheets off the bed
Get the mail
Empty small waste baskets
Lay out plates and silverware for dinner
Put finished dinner plates in the sink
Water plants
Put silverware in the dishwasher
Put silverware away
Help sort laundry into piles of like items/colors

Older elementary students can do all of that, plus...

Wipe down kitchen counters
Fold laundry
Place clean laundry in appropriate drawers
Straighten shared living spaces
Sweep floors with a broom or vacuum
Load and unload the dishwasher
Help unload and put away groceries
Help prepare meals and prepare their own toast or cereal/snacks
Rake and bag leaves

Middle School can do all of that, plus...

Clean the bathroom
Wash down mirrors and windows
Wash the car
Do laundry
Change their bed sheets
Prepare simple meals

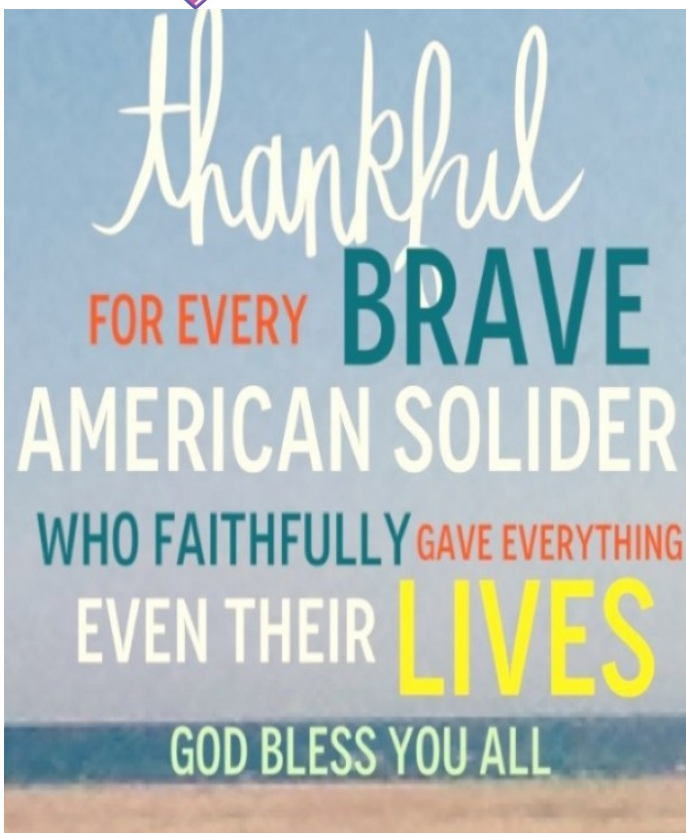


"Mom — you deserve a raise for raising me."



Jane Mitchell recuperating from heart surgery.

Larry Arnold dealing with health issues.



LIVE ON THE LAWN!



The Hillcrest "Live on the Lawn" series will be held each Sunday eve at 6:30pm for 6 weeks starting June 18th running through July 23rd. The Series is free to the public and all are encouraged to bring a lawn chair, blanket and picnic dinner and don't forget to bring a friend! The Music will cover the gambit from

Bluegrass to Blues, Folk to Rock and Country Swing to Rockabilly.

Schedule:

June 18—Blue Train (Blue grass, folk and country)

June 25—Mike Mac & the Rockabilly Cats
(Rockabilly)

July 2 —Creek Rocks (Traditional Americana)

July 9 —Poa Anna (Bluegrass)

July 16--Honkey Tonk Renovators (Country & Swing)

July 23—Blue Plate Special (Rock & Blues)



Happy 50th
Wedding
Anniversary
to Regina &
Jim Ice on
May 26th!



*Finally, all of you
should be of one mind.*

Sympathize with each other.

**Love each other as
brothers and sisters.**

*Be tenderhearted,
and keep a humble attitude.*

1 Peter 3:8, NLT

Dear Hillcrest Presbyterian Church,

Of all our many blessings, perhaps we most appreciate those that we least expect. Families who suddenly find themselves in need of the Ronald McDonald House may merely be grateful for a bed to sleep in that's near their hospitalized child. But the blessings they receive are so much more! Each family has a peaceful, private room that is a haven when they are physically and emotionally drained. There are also common living, kitchen and children's lay areas that create a true home. But none of these are possible without the support of our donors, volunteers and friends.

This commitment to our families is further exemplified through our Family Dinner Program. Your meals help provide daily comfort and strength while allowing our guests to spend as much time as possible with their child.

Your continued support of this program is appreciated beyond measure.

No one ever plans to need the help of so many strangers. Thank you for helping us make sure that our families are taken care of in every way possible.

Thank you,
Ely Wright,
Associate House
Manager



Of Note

The sacrament of Communion will be celebrated on May 7th.

The Men's Breakfast for May is the 13th, 8:00 am at the Golden Corral on North Kansas.

The church will be serving dinner at the Cox Ronald McDonald House on Monday, May 8th.

The Book Club will meet to review The All-Girl Filling Station's Last Reunion by Fanny Flag on May 15th at 7:00pm. If you missed the last book club, please feel free to bring a book to put in the blind date book stash. Be sure to wrap your book in plain brown paper.

The Stated Session meeting will be Thursday, May 11th at 7:00pm.

Hillcrest Presbyterian Church
818 East Norton Rd.
Springfield, MO 65803-3646

*Our years of learning and living
have created for each of us
strong friendships, good memories
and unique individualities.*

*Together we join one last time
before pursuing our own dreams.*

We the class of 2017

*Fair Grove High School
request your presence
at our Commencement Exercises
Friday, May 12th, 2017
seven o'clock*

*High Street Baptist Church
Springfield, Missouri*

Matia Rae Hartley

Class of 2017

