

NAD



HOME AND SCHOOL NEWS

DECEMBER 2009 - JANUARY 2010

NAD HOME & SCHOOL NEWS
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December 2009



Monthly Planner

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<p>6</p> 	<p>7</p> <p>Pearl Harbor Remembrance Day</p> 	<p>8</p>	<p>9</p> <p>Enlist moms to bring healthy snacks for classroom Christmas celebrations</p>	<p>10</p> 	<p>11</p> <p>Hannukah begins at sundown and runs eight days ending December 19</p> 	<p>12</p> <p>"For unto us a child is born, unto us a son is given; and the government shall be upon his shoulder:</p>																																																							
<p>13</p> <p>In Australia, since Christmas comes in the summer, many people celebrate by going to the beach</p>	<p>14</p> 	<p>15</p>	<p>16</p> 	<p>17</p> <p>Offer pies for pick-up today</p> 	<p>18</p> <p>Have parents pick up pies today</p> <p>It's a good day for classroom Christmas celebrations</p>	<p>19</p> <p>and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace." Isaiah 9:6</p>																																																							
<p>20</p> 	<p>21</p> <p>First Day of Winter</p> 	<p>22</p>	<p>23</p> <p>In Bulgaria, Christmas is a holy day beginning today</p> 	<p>24</p> 	<p>25</p> <p>CHRISTMAS DAY</p> 	<p>26</p> <p>"For unto you is born this day in the city of David a Saviour, which is Christ the Lord." Luke 2:11</p>																																																							
<p>27</p> 	<p>28</p> <p>The Christmas holidays don't have to be the only time to "Give Back;" plan a Service Day for the students</p>	<p>29</p> <p>Contact your school administrator about having a Service Day or Service Afternoon at your school.</p>	<p>30</p> 	<p>31</p>	<table border="1" style="margin: auto;"> <tr><th colspan="7">Jan 2010</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Jan 2010							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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January 2010

Monthly Planner



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<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Dec 2009</p> <table border="1" style="width: 100%; text-align: center; font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Feb 2010</p> <table border="1" style="width: 100%; text-align: center; font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>					S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<p style="font-size: 2em; color: red; margin: 0;">1</p> <p style="margin: 5px 0;">Ellis Island Opened, 1892</p>	<p style="font-size: 2em; color: red; margin: 0;">2</p> <p style="font-size: 8px; margin: 5px 0;">"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust." Psalms 91:1-2</p>
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<p style="font-size: 2em; color: red; margin: 0;">3</p>	<p style="font-size: 2em; color: red; margin: 0;">4</p> <p style="margin: 5px 0;">Missing summer? Plan a beach day at school to beat the winter doldrums</p>	<p style="font-size: 2em; color: red; margin: 0;">5</p> <p style="margin: 5px 0;">Scientist George Washington Carver Day</p>	<p style="font-size: 2em; color: red; margin: 0;">6</p>	<p style="font-size: 2em; color: red; margin: 0;">7</p> <p style="margin: 5px 0;">First U.S. Presidential Election, 1789</p>	<p style="font-size: 2em; color: red; margin: 0;">8</p> <p style="margin: 5px 0;">Contact room mothers to provide a picnic lunch for students and staff on Beach Day</p>	<p style="font-size: 2em; color: red; margin: 0;">9</p> <p style="margin: 5px 0;">"Righteous are you on Lord and your laws are right." Psalms 119:137</p>																																																																																				
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<p style="font-size: 2em; color: red; margin: 0;">17</p>	<p style="font-size: 2em; color: red; margin: 0;">18</p> <p style="margin: 5px 0;">Martin Luther King Day</p>	<p style="font-size: 2em; color: red; margin: 0;">19</p> <p style="margin: 5px 0;">Contact room mothers to see that all is in line for the picnic on Beach Day</p>	<p style="font-size: 2em; color: red; margin: 0;">20</p>	<p style="font-size: 2em; color: red; margin: 0;">21</p> <p style="margin: 5px 0;">Remind students to bring beach "stuff" tomorrow.</p>	<p style="font-size: 2em; color: red; margin: 0;">22</p> <p style="margin: 5px 0;">Beach Day National Popcorn Day</p>	<p style="font-size: 2em; color: red; margin: 0;">23</p> <p style="font-size: 8px; margin: 5px 0;">"He will not let your foot slip - he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep." Psalms 121:3,4</p>																																																																																				
<p style="font-size: 2em; color: red; margin: 0;">24</p> <p style="margin: 5px 0;">John Marshall Discovered Gold in California, 1848</p>	<p style="font-size: 2em; color: red; margin: 0;">25</p>	<p style="font-size: 2em; color: red; margin: 0;">26</p>	<p style="font-size: 2em; color: red; margin: 0;">27</p> <p style="margin: 5px 0;">Mozart's Birthday, 1756</p>	<p style="font-size: 2em; color: red; margin: 0;">28</p>	<p style="font-size: 2em; color: red; margin: 0;">29</p> <p style="margin: 5px 0;">Baseball Hall of Fame Established, 1936</p>	<p style="font-size: 2em; color: red; margin: 0;">30</p> <p style="font-size: 8px; margin: 5px 0;">"The Lord watches over you - the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night." Psalms 121:5,6</p>																																																																																				
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The Christmas Version of I Corinthians 13

**Author Unknown*

If I decorate my house perfectly with plaid bows, strands of twinkling lights and shiny balls, but do not show love to my family, I'm just another decorator.

If I slave away in the kitchen, baking dozens of Christmas cookies, preparing gourmet meals and arranging a beautifully adorned table at mealtime, but do not show love to my family, I'm just another cook.

If I work at the soup kitchen, carol in the nursing home, and give all that I have to charity, but do not show love to my family, it profits me nothing.

If I trim the spruce with shimmering angels and crocheted snowflakes, attend a myriad of holiday parties and sing in the choir's cantata, but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child. **Love** sets aside the decorating to kiss the husband. **Love** is kind, though harried and tired. **Love** doesn't envy another's home that has coordinated Christmas china and table linens. **Love** doesn't yell at the kids to get out of the way, but is thankful they are there to be in the way. **Love** doesn't give only to those who are able to give in return but rejoices in giving to those who can't. **Love** bears all things, believes all things, hopes all things, and endures all things. **Love** never fails.

Video games will break, pearl necklaces will be lost, and golf clubs will rust. But giving the gift of love will endure.



The Pretty One



by Roger Dean Kiser, Sr.

This was the last litter of puppies we were going to allow our Cocker Spaniel to have. It had been a very long night for me. Precious, our only black cocker, was having a very difficult time with the delivery of her puppies.

I laid on the floor beside her large four-foot square cage, watching her every movement. Watching and waiting just in case we had to rush her to the veterinarian.

After six hours the puppies started to appear. The first-born was a black and white party dog. The second and third puppies were tan and brown in color. The fourth and fifth were also spotted black and white. one, two, three, four, five, I counted to myself as I walked down the hallway to wake up Judy and tell her that everything was fine. As we walked back down the hallway and into the spare bedroom, I noticed a sixth puppy had been born and was now laying all by itself over to the side of the cage. I picked up the small puppy and laid it on top of the large pile of puppies, who were whining and trying to nurse on the mother. Instantly Precious pushed the small puppy away from the rest of the group and refused to recognize it as a member of her family.

“Something is wrong,” said Judy.

I reached over and picked up the puppy. My heart sank inside my chest when I saw the little puppy had a cleft lip and palate and could not close its little mouth. We had gone through this once before last year with another one of our cockers. That experience really hurt me when the puppy died and I had to bury it. If there was any way to save this animal I was going to give it my best shot.

All the puppies born that night, with the exception of the one small pup, were very valuable because of their unusual coloring. Most would bring between five to seven hundred dollars each. The next day I took the puppy to the vet. I was told nothing could be done unless we were willing to spend about a thousand dollars to try and correct the defect. He told us that the puppy would die mainly because it could not suckle.

After returning home Judy and I decided that we could not afford to spend that kind of money without getting some type of assurances from the vet that the puppy had a chance to live. However, that did not stop me from purchasing a syringe and feeding the puppy by hand, which I did every day and night, every two hours, for more than ten days. After that the little guy had learned to eat on his own as long as it was soft canned food.

The fifth week I placed an ad in the newspaper, and



within a week we had taken deposits on all of the pups, except the one with the deformity.

Late that afternoon I had gone to the store to pick up a few groceries. Upon returning I happened to see the old retired schoolteacher, who lived across the street from us, waving at me. She had read in the paper that we had puppies for sale and was wondering if she might buy one from us for her grandson. I told her all the puppies had been sold, but I would keep my eyes open for anyone else who might have a cocker spaniel for sale. I also mentioned we never kept a deposit should someone change their mind, and if so I would let her know. Within days all but one of the puppies had been picked up by their new owners. This left me with one brown and tan cocker as well as the smaller puppy with the cleft lip and palate.

Two days passed without me hearing anything from the gentleman who had placed a deposit on the tan and brown pup. So I telephoned the schoolteacher and told her I had one puppy left and that she was welcome to come and look at it. She advised me that she was going to pick up her grandson and would come over at about eight o'clock that evening. Judy and I were eating supper when we heard a knock on the front door. When I opened the door, the man who had placed a \$100 deposit on the dog was standing there. We walked inside where I filled out the paperwork, he paid me the balance of the money, and I handed him the puppy.

Judy and I did not know what to do or say if the teacher showed up with her grandson. Sure enough at exactly eight o'clock the doorbell rang. I opened the door, and there was the schoolteacher with her grandson standing to her behind her. I explained come for the puppy there were no puppies



grandson standing to her behind her. I explained come for the puppy there were no puppies

“I’m sorry, Jeffery. puppies,” she told her moment the small bedroom began to puppy!” yelled the from behind his

They sold all the grandson. Just at that puppy left in the yelp. “My puppy! My little boy as he ran out grandmother.

I just about fell over when I saw that the small child also had a cleft lip and palate. The boy ran past me as fast as he could, down the hallway to where the puppy was still yelping.

When the three of us made it to the bedroom, the small boy was holding the puppy in his arm. He looked up at his grandmother and said, “Look Grandma. They sold all the puppies except the pretty one, and he looks just like me.”

Well, old Grandma wasn’t the only one with tears in her eyes that day. Judy and I stood there, not knowing what to do.

“Is this puppy for sale?” asked the schoolteacher.

“My grandma told me these kind of puppies are real expensive and that I have to take real good

care of it,” said the little boy, who was now hugging the puppy.

“Yes, ma’am. This puppy is for sale.”

The lady opened her purse, and I could see several one-hundred dollar bills sticking out of her wallet. I reached over and pushed her hand back down into her purse so that she would not pull her wallet out.

“How much do you think this puppy is worth?” I asked the boy.

“About a dollar?” He replied.

“No. This puppy is very, very expensive. More than a dollar,” I told him.

“I’m afraid so,” said his grandmother.

The boy stood there pressing the small puppy against his cheek.

“We could not possibly take less than two dollars for this puppy,” Judy said, squeezing my hand. “Like you said, it’s the pretty one.” she continued.

The schoolteacher took out two dollars and handed it to the young boy. “It’s your dog now, Jeffery. You pay the man.”

I think it must be a wonderful feeling for any young person to look at their selves in the mirror and see nothing except “the pretty one.”

Roger Dean Kiser, Sr.

trampolineone@earthlink.net

Write Roger and let him know your thoughts on his story!

Roger Dean Kiser lives in Brunswick, Georgia with his wife Judy. Roger is the author of "Orphan, a true story of Abandonment, Abuse and Redemption", and his newest book Runaway: Life on the Streets--"The Lessons Learned".

Autographed copies of his new book can be ordered at:
<http://www.geocities.com/trampolineone/survive/srv080.htm>

You can also order his new book through Amazon.com at:
http://www.amazon.com/Runaway-Life-Streets-Lessons-Learned/dp/1434335666/ref=sr_1_1/104-9646185-7275131?ie=UTF8&s=books&qid=1189544445&sr=8-1

Read more of his writing at his web site:
<http://www.rogerdeankiser.com>



December Fundraising



The old saying goes, “it’s the most wonderful time of the year!” It may also be the most stressful time of the year, especially for you, the home and school leader. The financial needs of your school are always pressing. The bad news? The economy is still struggling. The good news? Most folks are willing to give what they can. So, cheer up, you can benefit your school in creative ways. Following are some ideas for raising money in December:

- **Year-end letter-writing campaign** - parents and grandparents are looking for opportunities to give charitable donations before the end of the year. Send them a letter, reminding them of the needs of the school. Better yet, have students write a note at the bottom of a form letter giving parents, aunts, uncles and grandparents the opportunity to donate to the school before December 30.
- **A non-event** - This is an opportunity for everyone NOT to have to participate in a bake sale, movie, rummage sale, car wash etc. Just pick an event you **don’t** want to do and give everyone a chance to send a check to the school in lieu of attending the event. Hey, I haven’t tried this one, but I hear great reports about it.
- **Gift wrapping** - If you were a smart shopper LAST year, you may have collected piles of bargain wrapping paper. Ask a mall near you if you can set up a gift wrapping station in the mall. You can put up a sign. “Free Gift Wrapping.” OK, so this ISN’T a fund raiser - but it IS a chance to get free advertising for your school. And, who knows, someone may even want to make a donation. Enlist parents and students grades five and up to sign up for 30 - 60 minute shifts. Bring in hot chocolate and Christmas cookies for your volunteers. This is a wonderful opportunity to meet people. Be sure to have brochures for your school on hand, or print small cards that say, “Gift wrap provided by _____ (put your school name).
- **Pie fundraiser** - Take pre-orders for holiday pies. Decide whether you want them fresh or frozen to bake at home. Set a date to meet at the school. The school provides ALL ingredients and supplies. This includes plastic wrap, foil, pie tins, written baking instructions and, if applicable, pie boxes). Customers can pre-pay or pay when they pick up the pies.
- **Bake Sale** - Sell goodies in the foyer of the school as school is dismissing.
- **Silent Auction Craft Sale** - Set up tables in the back of your gym or in the foyer so you can sell homemade Christmas crafts before, during intermission and after your school Christmas program.



Healthy Holidays

The *average* American gains seven to ten pounds during the holidays. My daughter-in-law, who is a fabulous cook and loves to bake, visited our home one Christmas. I was her sous-chef. They were with us for seven days. At the end of that week, I had gained seven pounds! It took me three months to get it off! So, how DO you enjoy the holidays and keep a healthy weight? Here are a few ideas:

- **EXERCISE** - there's just no shortcut here. Whether it's gym time, walking, cross-country skiing, downhill skiing, swimming, cycling or anything else, the trick is to move! Your body is designed to move. The wonderful thing about exercise is, it allows you to eat more because you are burning more calories. Of course, you can't take in more calories than your body can use without gaining weight.
- **Make wise food choices** - choose what you know to be good for you and your children. Make sure there is a lot of fresh fruit available. Cut up and refrigerate crunchy veggies. Make veggie dips from organic plain yogurt and add your own seasonings.
- **Plant herbs in pots** and keep them inside for the winter. They add great flavor and do not add calories.
- **Listen to your body** - if you really pay attention, your body will tell you when you've had enough food.
- **Let your kids help you** bake, prepare food, decorate. They will love it and feel special and needed.
- **Provide some good-for-you sweets** - put out roasted nuts, dates, dried fruit, fresh grapes, apples, oranges, Mandarin oranges and other seasonal fruits.
- **Limit Desserts** - but don't cut them out. All things in moderation. Holiday desserts are part of the holiday tradition.
- **Hand over the chef's hat** - invite an older child to make dinner (not your holiday dinner, although they can be a big help with that too). Pick up all the ingredients he needs and offer to assist, or let him enlist a friend as sous-chef. Encourage him to develop a signature dish—scrambled eggs, crepes and lasagna are all simple for young cooks to pull off.
- **Institute a soup night** - crack open a cookbook with your kids and choose a soup you all want to try. Take the kids shopping for the ingredients and make the soup together. While you're at the store, buy a specialty bread and get ingredients for a salad.
- **If you can't resist baking** - buy holiday bags, or cellophane to cover baskets or Christmas plates for heaping up goodies to give to friends, co-workers and neighbors.



More Healthy Holiday Ideas

- **Get outside with your kids** - sled, make a snowman, go cross-country skiing, walk. Try playing volleyball in the snow.
- **Gift wrap relay** - Ask kids to bring in gifts under \$10 to give to underprivileged children in your community. You'll need to supply gift wrap, scissors, clear adhesive tape, ribbon, and bows. You'll also need a Christmas snack to share, such as cookies or flavored popcorn.

Before you begin, let each child share what gift they bought and why they chose it. Form teams and assign a different role for each person on the team, such as taper, folder, bow-placer, transporter, and more. Divide the gifts equally between the teams. On "go," have kids work together to wrap one gift at a time. Every team member must help in the gift-wrapping process. Let kids know you're looking for the best wrapped gift. When the gift is completely wrapped, one team member places the gift in a designated place such as under the Christmas tree.



After all the gifts are wrapped, bring kids together for Christmas snacks, and let kids share their favorite Christmas tradition. Then circle around the gifts and pray for the children they'll go to—that they will experience the love of Jesus this Christmas.

- **Battling the Flu Bug** - Enlist kids to supply sample-size bottles of hand sanitizer to shoppers between Thanksgiving and Christmas.

Kids can wrap the bottles with green or red tissue paper and secure at the top with a silver or gold ribbon. Then have kids deliver the germ-fighting gifts to store counters, food courts, or customer service kiosks of area shops. Include a sign near the gifts that says, "Hope your holidays are happy and healthy. "Enjoy this germ-fighting gift from the kids at (*your School's name*)."

**Source for the two ideas above: Children's Ministry, November/December 2009 p. 29. If you work with children, this is a great resource.*

Mid-Winter Beach Day!



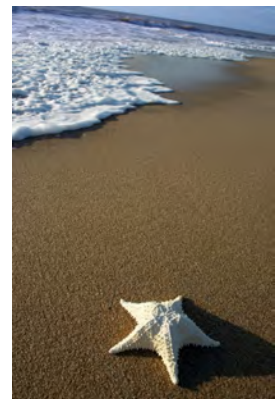
So the wind is whistling and the snow is swirling and YOU are missing summer. This is a GREAT time to plan a beach day at school. Here are a few ideas to help you on your way.

1. **Make sure** your administrators give their blessing on this one.
2. **Set the date** and put up posters, email parents and send home notes advertising your beach day.
3. **Enlist moms** to make food for your “Beach Day” lunch.

Suggested menu:

- Veggie hot dogs, BBQ sauce, heat the links on a griddle (pancake griddle);
- Potato salad, coleslaw
- Potato chips
- Carrot & celery sticks
- Olives
- Watermelon - if available
- Ice cream and soda floats
- Cookies

4. **Invite students and teachers** to wear flowery shirts, modest walking shorts, sunglasses and sandals.
5. **Enlist a volunteer** to organize a beach volleyball game in the gym
6. **Enlist another volunteer** to organize a string-and-balloon-stomp game.
7. **Enlist a volunteer** to offer beach craft activities in a classroom. Jell candles are simple and fun to do. All you need is a selection of small shells, clean sand, small glass cylinders, candle wicks, and the jell.
8. **After lunch and beach activities** let the kids settle down in their classrooms for a “beach-read.” After all, one of the favorite summertime activities is to take a good book to the beach. Teachers can let students bring beach towels to lay out in the classroom, relax and read. The time allotted for this depends on the age and grade of the child.
9. **Be sure to take** lots of pictures to share in your school’s newsletter. If you do a home and school newsletter, it would be great for that too.
10. **Thank your volunteers** with a small gift and card. A little appreciation goes a very long way.



Selected Shorts

Did you know

- Today's kids spend **50 %** less time outside than they did just 20 years ago? According to a University of Michigan study, they spend **6.5** hours a day with electronic media
- Today's students think and process information fundamentally differently from their predecessors? These differences go far further and deeper than most educators suspect or realize...It is very likely that our students' brains have physically changed—and are different from ours—as a result of how they grew up. But whether or not this is literally true, we can say with certainty that their thinking patterns have changed.”
**Source: Marc Pensky in “Digital Natives, Digital Immigrants”*
- Church Attendance Matters? - A new study from the Mapping America project, co-released by 30 state family policy councils, finds that children have fewer problems at school and home when they live with both biological parents or adoptive parents and frequently attend religious services (once a month or more). Children in this group are five times less likely to repeat a grade and more likely to be cooperative and understanding of others' feelings. In addition, parents in this group report less stress, healthier parent-child relationships, and fewer concerns about their children's achievement.
- According to UNICEF, **25,000** children die each day due to poverty? And they “die quietly in some of the poorest villages on earth, far removed from the scrutiny and the conscience of the world. Being meek and weak in life makes these dying multitudes even more invisible in death.” *globalissues.org*.

**Source: Children's Ministry November/December 2009 p. 14,15.*

Looking for ways to grow your school?

Check out Dick Duerksen's Web site GROWMY SCHOOL.ORG.

GrowMySchool.org produces a marketing newsletter for Adventist School Leaders. Each issue focuses on a theme, giving you at least six simple “how-to” ideas for improving the image, effectiveness, and enrollment of your school. The newsletter is written for principals, board members, pastors, and other school leaders. Written by experienced school marketers, each issue will challenge you to do something you are already doing - but now do it on purpose!

The GrowMySchool newsletter is provided to you by the North America Office of Education of the Seventh-day Adventist church.



Volunteer's Banquet



It's the "Dead-of-Winter" and you are wondering what you can do to show your appreciation to your faithful volunteers. Plan a Red Carpet Thank you. Invite your volunteers and their families to join you for a dinner in their honor.

Follow these fairly easy steps for a successful event:

1. Speak with your school administrator and ask for a date, time and venue for your dinner. The church fellowship hall or school all-purpose room should be just fine.
2. If the home and school organization has funds, ask an upper-grade class to cater the meal for you. This is one way they can earn money for a mission trip or other class need.
3. Choose a special menu when you talk to the room mothers of the catering class.
4. Ask students to serve. Be sure they dress up as well.
5. Choose a banquet host. This way you can enjoy the meal and run the program without worrying about how the food is being served.
6. Choose background music. Do not plan a program other than the time you spend calling your volunteers forward one at a time to thank them, say a few words about them and give them their gift.
7. Make this a dress-up affair, (church clothes are fine, but it can be even dressier if you like).
8. By this time you know each of your volunteer's strengths, so buy a small gift that you know they will appreciate and be prepared to talk about each volunteers special talent shared for the school.
9. Mail invitations to your volunteers. Be sure you do this about a month in advance so they can put you on their schedule. Ask your school secretary for postage. Call and remind them the week before so you can have an accurate count for your food needs.
10. Ask your principal to say the blessing and to say a few comments of appreciation for these faithful volunteers.
11. Rent table cloths, dishes, stemware and cutlery.
12. Enlist students to help you decorate.
13. Ask your catering students to help clean up. Rented dishes need only be rinsed and put in the baskets the rental company provides. They will pick them up the next day.
14. Enjoy!



FOR

PARENTS



PARENTING

What job in the world is more important than parenting? NOTHING! Yet what training and preparation do parents have to successfully raise their children in the Lord? Some, but not enough. There's help, first, if you were fortunate enough to be raised by loving godly parents, you have great role models to follow. If you are active in your church, you have good role models. If you ask God to give you wisdom, He has promised to give it.

“If any of you lack wisdom, let him ask of God, that gives to all *men* liberally, without reprimand and it shall be given him.”

James 1:5

When my children were small I prayed to God everyday for patience. My sister-in-law once told me tongue-in-cheek that she thought I had prayed for too MUCH patience. Isn't it amazing how we see the mistakes others are making with their children, while not seeing our own?

Thankfully, God loves our children even MORE than we do!

“If you then, being evil, know how to give good gifts to your children, how much more shall your Father which is in heaven give good things to those who ask him?” Matt. 7:11

The section that follows gives you, the parents, ideas for food, health, home, safety and ideas to help your child succeed in school. If we haven't addressed a topic that concerns you, please let us know.

Recipe for preserving children...

1 Grassy field
6 Children
3 Small dogs
A pinch of brook
Some pebbles
Flowers to sprinkle
Blue sky frosting



Mix the children and dogs well and place them in the field stirring constantly. Pour the book over the pebbles. Sprinkle the field with flowers, spread over all with deep blue sky and bake in the hot sun. When golden brown, remove, and set aside to cool in a bath tub.

****Depression Era Recipes, by Patricia R. Wagner, Pg. 146
© 2004 Media Solution Services.**

HEALTH

Kick Start the Morning

By Pat Frey, Principal - Yakima Adventist Christian School

Now I've heard people say, "Children are just a bundle of energy, they just never run out of it." My experience is that this statement is true when we are trying to keep up with kids. But I've also seen students that seem to drag their way through school until sometime after lunch has kicked in, which is usually around 2:30 p.m. Too bad school gets out at 3:15 p.m.



What is going on? Most likely it is the lack of fuel to run their brains. The brain is a wonderful organ that God has designed. It controls everything in our bodies, and produces our thinking abilities which separate us from the cat and dog that run around the house with the kids. However, the brain needs a lot of energy to work properly, a lot more than any other organ in the body.

When the body is low on fuel, the brain is the first to suffer. After a long night without food, a person needs to have a good breakfast to kick start the brain. A Pop Tart and hot chocolate does not cut it. People need whole grain cereals like Cheerios, along with fresh fruit, and a protein like peanut butter. This is high octane fuel for the brain that will last all morning. The second thing that drags a kid down is not getting enough sleep. Kids need between eight and ten hours of sleep a night. Teenagers ALSO need that much sleep, even if they think and say they don't. Lack of sleep slows the thinking processes down and makes people cranky, and who likes a class of cranky kids.

Let's face it, showing up at school with only half the brain power students need to learn is a waste! Jump-start your student's brain by having him/her well fed and well rested. These are the most important things you can do to give your child a head start for the school day.



Ideas to Help Children Learn to Give Back

Tired of the “Gimmies” this time of year? Following are some ideas to help your children understand the true meaning of Christmas:

Advent Calendar - purchase one or use a regular calendar to count down the days before Christmas. Decide 12 “things” you want to do with your children to make Christmas happier for others. If you have the energy and the resources, do even more.

- Hunt for a Christmas affair.
- Decorate the tree with
- If you do stamping, special Christmas card
- Choose a neighbor
- Volunteer at the local
- Donate slightly-used Community Services
- Ask your child to each day before who needs friends.
- Have your child choose for which he/she is
- Make cookies or candy with your children and make little gift packages to share with close neighbors.
- Instead of buying a gift for a school classmate, see if your child’s classroom teacher will agree to have the class participate in a “Tree of Sharing.” In lieu of class gifts, students buy a gift for a homeless child. These gifts are then delivered to homeless shelters for specific children.
- Adopt a grandparent and invite them to dinner.
- Volunteer at the animal shelter to play with kittens or puppies.
- Buy or make puppets to tell the story of Jesus’ birth - share story time with the neighborhood children at your home.
- Instead of using puppets, let your children tell the story of Jesus’ birth.
- Take your children caroling, either with Pathfinders, church members or good friends.
- Have a holiday cookie baking party at your house. Have guests bring ingredients and a recipe for a favorite holiday treat. Make extra to take to a nursing home near you. Call for permission, as some homes will not accept goodies made in a non-commercial kitchen.
- Make a Christmas ornament craft with your child to hang on your tree. Your child can make one to give grandma and grandpa.
- Have your child help make dinner. Soup, bread and salad is a great choice. Let your child help bake the bread and cut (depending on your child’s age) ingredients for the soup.



tree together; make it a family
your children.
have your child help make a
for her teacher.
family to pray for each day.
food bank.
children’s clothes to Adventist
(ACS).
choose a classmate to pray for
Christmas. Make sure it is a child
or make a small gift for the child
praying.

- Give your child’s teacher a jar of soup and a loaf of bread, that your child helped make, for a surprise “take-home” supper.
- Make homemade wrapping paper with your child.
- Shovel the walk for an elderly neighbor. Leave a little note on the door wishing them a merry Christmas.
- Donate to the local food bank.
- Help your child make a donation to ADRA.
- When you’re at the grocery store, let your children offer to help elderly individuals load their groceries into their cars.
- Sweep a neighbor’s sidewalk with your child.
- Attend a community Christmas music program as a family.
- If you are going over a toll bridge or entering a toll road, surprise the car behind you by paying their toll as well. “Pay it forward.” Your kids will get the idea.
- Help your children bring joy where ever they go by being joyful yourself.
- Build a snowman together!



Cold and Flu Prevention Checklist

Stay Home If You're Sick

We want to teach our kids the importance of working hard, but it's just good sense to stay home from work or school when you're sick, to prevent the spread of cold and flu germs.

Keep Your Hands Clean

You never know what germs you might be picking up in the course of the day. It's a good idea to wash your hands frequently, especially before eating, and after blowing your nose, coughing, sneezing, or using the bathroom. Use warm water and soap, and make sure you lather up for 20 seconds!

Cover Your Nose and Mouth When Coughing or Sneezing

Avoid spreading cold and flu germs to others by coughing or sneezing into a tissue. If none is available, don't cough or sneeze into your hands! Instead, turn your head away from nearby people and, if necessary, aim for your shoulder.

Don't Touch Your Eyes, Nose, or Mouth

Germs that might otherwise languish on your hands can easily infiltrate your system when you rub your face. Try to keep your hands away from your face as much as you reasonably can.

Get Plenty of Rest

Your body works overtime to hunt and destroy harmful germs when you're resting or relaxed, but high stress levels leave you susceptible to invasion. Get some rest and give your white blood cells the time they need to do their job.

Avoid Unnecessary Close Contact

It's an unfortunate fact that a person can spread flu germs a full day before exhibiting symptoms, and then up to five days after that. Steer clear of those with flu-like symptoms - they'll understand. And if you're sick, avoid close contact with others.

Eat Plenty of Fruits and Vegetables

Eating right is always important, but particularly during cold and flu season. The vitamins and minerals found in fruits and vegetables can buttress your body's immune system against invaders.

Get Fresh Air and Exercise

It's a myth that low temperatures cause cold and flu. In fact, the culprit is increased, prolonged contact with greater numbers of people. Going outside for a walk means you'll get exercise and get away from potential germ-bearers.

**Information from the Centers for Disease Control and Prevention was used in compiling this checklist.*

When to Keep a Child at Home

Although it may seem obvious, children should not go to school when they're contagious to others, when they have a fever, or when they're too sick to learn. Childhood illnesses are spread easily when children are in close contact in the school setting.

How do you know if your child is contagious? Colds are a bit tricky, since your child can transmit it to others for one or two days before his symptoms appear, and up to four or five days after first being exposed to the virus. According to the National Institutes of Health (NIH), colds are most contagious two to four days after original exposure (whether or not symptoms have developed), when there is plenty of the virus present in nasal secretions. The contagious period for a cold only lasts about three to four days into the illness. Similarly, people infected with the flu are contagious from a day before they feel sick until their symptoms have resolved. For children, the contagious period for the flu can last up to two weeks after they start feeling sick, even if they start feeling better before that.



Most schools will send a child home if they think he or she is showing symptoms of the following conditions:

- Fever
- Chicken pox
- Strep throat
- Vomiting and/or diarrhea
- Skin infections
- Eye infections
- Parasitic infections such as lice or scabies

A child with a runny nose or persistent cough, on the other hand, doesn't necessarily pose a health threat to other students, particularly if he's careful to wash his hands frequently. Children recovering from a cold should be able to go to school, as long as they're feeling okay. Note that the FDA discourages the use of cold and cough remedies in school-age children, since they are only 6% effective at relieving symptoms.

Experts agree that the best method of infection control is simply washing the hands with ordinary soap and water. Additionally, they recommend that schools institute the following infection-control measures: faucets that turn on automatically, bathroom doors that open when you approach them, and wall-mounted dispensers of hand sanitizer.

You can help your kids stay healthy by teaching them these rules:

- Don't share food.
- Don't share drinks.
- Don't share clothing.
- Throw away used tissues.
- Wash hands frequently with soap and water.



Science

Use science to encourage good hygiene!

Here's a fun science project that will show your child how the fluoride in toothpaste protects his teeth. You will need two jars, two raw eggs and two cups of white vinegar.

Label one jar plain egg and the other toothpaste egg. Weigh and measure both eggs, then smear one with a layer of toothpaste. Fill the jars with vinegar and drop one egg into each jar. Cover the jars with plastic wrap. Have your child observe the eggs for four days.

Bubbles will form around the plain egg for the first 15 minutes. (That's the acid of the vinegar working.) By the next day, the eggshell will be gritty, and the egg will be bigger. After three days, the shell will be completely gone, and the egg will be soft and rubbery.

Meanwhile, the toothpaste egg will show little change, due to the protection provided by the toothpaste.

Because teeth and eggshells are both made of calcium, this experiment is a great way to help your child see why he needs to brush his teeth!

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Talking & Listening

Know how to talk with your middle schooler about school

As a parent, it is both your right and your responsibility to know how your child is doing at school. But trying to get this information from your child can be, as the old saying goes, "like pulling teeth."

With a little information and preparation, you can have an actual conversation about school with your child. Here's how:

- Stop drilling your child about homework. Not only does your child dislike it, but it contributes to a negative attitude about homework. Let your child use the first 20 minutes at home to settle in and have a snack. Save your (gently-worded) homework questions for after that.
- Be specific. If your child can answer you with one word, she will. Example: "How was school today?" "Fine." Instead, say something like: "I know you worked hard preparing for those essay questions on your history test. How did you answer the first one?"
- Encourage your child to advocate for herself. If your child is having trouble, your first thought may be to tell her not to worry--you'll call or email the teacher. But you're not the one who is struggling--your child is. So instead, say "Let's brainstorm some ways for you to approach Ms. Johnson about getting extra help in English class."



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Reinforcing Learning

Expose your elementary schooler to other countries & cultures

Children often know very little about other countries. Here are some ways you can expose your child to other cultures:

- Learn about holiday customs of people around the world. Use the library to discover how other people celebrate their own special days.
- Look for plays, movies or puppet shows about people from other countries. Many libraries and museums present these programs for free.
- Compare coins and stamps from other countries. They often include information about the country. You may find stamps from other countries where you work. You can also look on the Internet.
- Learn simple words in different languages. Teach your child to count to 10 in another language. Learn simple phrases such as, "Hello," and "Thank you."
- Look for television programs about other countries. When you watch the news, keep a globe or an atlas nearby to learn more about the countries in the news.

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Computers & Internet

Make online safety a priority for every member of your family

Kids use computers for homework, fun and socializing, but the convenience has a cost. Families must promote computer and Internet safety. Thankfully, NetSmartz, an online safety resource, shares lots of tips with parents and kids:

- Keep the computer in a central spot, such as in the family room, where you can keep an eye on Internet activities.
- Consider installing programs that make computer use safer for kids. Also check your Internet service provider's safety features.
- Learn about Internet your child about basic near the computer. (Find www.netsmartz.org/)
- Protect personal information. Discuss why it online. Never agree to "friends" or acquaintances
- Don't respond to inappropriate messages. Instead, turn off the monitor. Also notify law enforcement. (Visiting Cyber-Tipline.com can help.)
- Go online together. Let your child show you her computer skills and favorite child-friendly resources.
- Keep track of your child's online activities. With whom does she email or chat? What games does she play? What sites does she use? Supervise closely and keep online accounts in your name.
- Remember that your child may go online in other locations, such as at a friend's home. Take steps to ensure safety no matter where she uses the Internet.



safety. Then talk with rules and post them examples at resources/pledge.htm.) tion, such as name and shouldn't be shared meet online-only in person. appropriate messages. In- and tell a trusted adult. ment. (Visiting Cyber- your child show you her ite sites. Guide her to

Reprinted with permission from the December 2009 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2009 The Parent Institute®, a division of NIS, Inc. Source: "Safety Tips," NetSmartz, www.netsmartz.org/safety/safetytips.htm.

Personal Development

Review the art of being a good guest with your middle schooler



Chances are your child will spend part of the winter break visiting family members, friends or both. Now that your child is in middle school, people will expect more adult-like behavior than they did when she was younger.

Take this opportunity to make sure your child knows how to be a good guest. A child who knows how to behave in someone's home usually knows how to behave at school, too. Remind your child to:

- Greet the host or hostess with a friendly hello when she arrives.
- Use manners. Say please and thank you a lot.
- Be gentle with possessions of others and ask for permission before handling them.
- Be helpful. Offer to set or clear a table. Hang up a coat.
- Be mindful of house rules, such as taking off shoes at the door. This may be different from your house rules. However, at another person's home, she should respect the wishes of the host.
- Thank the host for inviting her when she says good-bye. If she received a gift, she should also send a thank-you note.

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Use conversation, questions to boost your child's thinking skills

True, your preteen may do well in school. But what kind of thinker is she? Can she tackle a tricky assignment in a clever way? Does she weigh all sides of an issue before picking a position? Will she give a reasoned opinion about something when asked?

If the answers are no, no and no, don't worry! Like other skills, your preteen's thinking skills can be nurtured and sharpened over time. To do just that:

- Engage your child in conversation. Don't gloss over the issues of the day when sitting down to dinner. Really discuss them. Encourage your child to ask questions about the things she sees online or hears at school. It may prompt her to consider those topics more deeply.
- Ask open-ended questions. When possible, avoid asking your preteen yes-no questions. Instead, ask things that are more likely to lead to a thoughtful response. "What did your history teacher have to say about the election?" may result in a more creative answer than, "Did you talk about anything in school today?"
- Avoid quizzes. Boosting your preteen's critical-thinking skills shouldn't seem like school. So don't make her feel as if you're testing her. Rather, keep your exchanges casual and friendly.

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Editor's Note: As much as we want to think that child molestation does not happen in our homes, churches, schools or Pathfinder clubs, we **must** be aware of tactics used by child predators. Please read the following article carefully.



Grooming Children for Sexual Molestation

By Gregory M. Weber

You're a thief—a con artist. You recently met an elderly widow with a good-sized bank account fueled by pension and dividend checks. In sharp contrast, your own financial engine is running on fumes. You decide to take her money.

So you befriend the lady. You run small errands for her. You buy her gifts. You listen to her stories and you comfort her when she feels lonely. You put your arm around her and tell her you understand her problems. You spend time with her each day. You tell her she's special. You gain her trust. Her natural suspicion disappears.

Only then does the conversation shift to money. You tell her about a tremendous investment opportunity. You offer her a chance to share in this special event. If she's curious, you play on that curiosity. You answer her questions and downplay her fears.

And your work pays off. She trusts you. She signs the check.

Three minutes after her bank opens, you're in the wind, cash in hand and ready to target your next victim.

But what if you're a child molester—a predator? What if the object of your desire isn't the widow's bank account, but her six-year-old grandson? What steps will you take to get what you want?

Not much will change. A predator will identify and engage his victim. He'll gain the child's trust, break down his defenses, and manipulate him into performing or permitting the desired sex act. If necessary, the predator will gain access to the child by employing the same techniques with the child's parent or adult caretaker.

The process is called grooming. It increases the predator's access to his victim and decreases the likelihood of discovery.

Anna C. Salter is a respected psychologist. She is an expert in the field of child sexual maltreatment, and she spells it out:

"The establishment (and eventual betrayal) of affection and trust occupies a central role in the child molester's interactions with children....The grooming process often seems similar from offender to offender, largely because it takes little to discover that emotional seduction is the most effective way to manipulate children."

These men are convicted child molesters. They, too, are experts in the field of child maltreatment, and they also spell it out:

"Parents are so naive—they're worried about strangers and should be worried about their brother-in-law. They just don't realize how devious we can be. I used to abuse children in the same room with their parents and they couldn't see it or didn't seem to know it was happening."

"I was disabled and spent months grooming the parents, so they would tell their children to take me out and help me. No one thought that disabled people could be abusers."

"Parents are partly to blame if they don't tell their children about [sexual matters]—I used it to my advantage by teaching the child myself."

"Parents shouldn't be embarrassed to talk about things like this—it's harder to abuse or trick a child who knows what you're up to."

Here's what the predators are up to.

Grooming is a process. It begins when the predator chooses a target area. He may visit places where children are likely to go: schools, shopping malls, playgrounds, parks, and the like. He may work or volunteer at businesses that cater to children. Other predators strike up relationships with adults who have children in the home—single parent families make particularly good targets.

Victim selection and recruitment are next. There is no prototypical victim of child sexual abuse. Any child may be victimized. Not surprisingly, predators often target children with obvious vulnerabilities. A child who feels unloved and unpopular will soak up adult attention like a sponge. Children with family problems, who spend time alone and unsupervised, who lack confidence and self-esteem, and who are isolated from their peers are all likely targets.

Predators engage or "recruit" their victims in different ways. Many use a combination of forced teaming and charm. They may offer to play games, give rides, or buy treats and gifts as tokens of friendship. They may offer drugs or alcohol to older children or teenagers. And they almost always offer a sympathetic, understanding ear. Your parents don't understand or respect you? I do. Other kids make fun of you? I know what that's like—it was the same way for me when I was your age. They don't trust you at home? Boy, I know what that's like—your parents never really want you to grow up. But I trust you. I respect you. I care for you more than anybody else. And I love you. I'm here for you.

Successful predators find and fill voids in a child's life.

A predator will usually introduce secrecy at some point during the grooming process. Initially, secrecy binds the victim to the predator: "Here's some candy. But don't tell your friends because they'll be jealous, and don't tell your mother because she won't like you eating between meals." Later on, secrecy joins hands with threats: "If you tell your mother what happened, she'll hate you. It'll kill her. Or I'll kill her. Or I'll kill you."

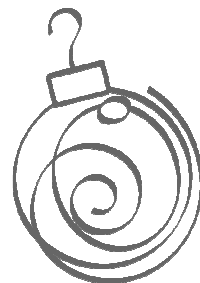
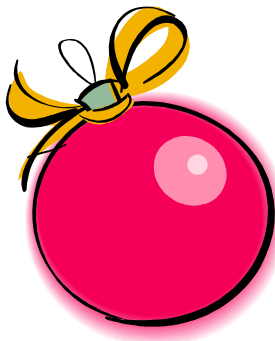
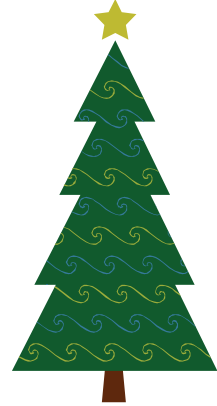
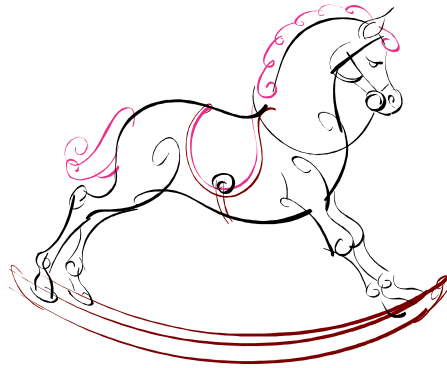
The forging of an emotional bond through grooming leads to physical contact. Predators use the grooming process to break down a child's defenses and increase the child's acceptance of touch. The first physical contact between predator and victim is often nonsexual touching designed to identify limits: an "accidental" touch, an arm around the shoulder, a brushing of hair. Nonsexual touching desensitizes the child. It breaks down inhibitions and leads to more overt sexual touching—the predator's ultimate goal.

The best way to recognize grooming behavior is to pay attention to your child and the people in your child's life. Gavin de Becker sensibly reminds us that "children require the protection of adults, usually from adults. Their fear of people is not yet developed, their intuition not yet loaded with enough information and experience to keep them from harm." There are many demands placed upon our time, but nothing—nothing—is more important than the welfare of our children. When we blindly surrender responsibility for them to others without question, we invite trouble. Parents should know their child's teachers, coaches, day care providers, youth group leaders, and other significant adults in their lives. Make unannounced visits. Ask questions. Stay involved.

And please—talk to your children. Teach them to recognize grooming behavior. Teach them to be wary of any physical contact initiated by an adult. And teach them to trust you with their problems and their pain. The safest child is the child who knows he can bring his problems and concerns to parents and adult caregivers without reproach or retaliation.

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Weber, Gregory. "Grooming Children for Sexual Molestation." The Zero - The Official Website of Andrew Vachss. 27 Oct. 2009.



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