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Teaching Honesty is the Best Policy

Honesty is considered one of the most virtuous qualities to possess, and is one of the first traits you as parents work to teach your children. However, it is typical that through your teachings, you set your children up to lie. It is not uncommon for children to make simple mistakes or display unacceptable behavior while growing up, but when confronting them about their wrongdoings, parents do so accusingly, provoking their kids to retreat into their shells and lie rather than confess their mistakes. Unfortunately, directing a threatening attitude toward children is only one of the many culprits in creating a dishonest child. However, once you identify the ways you unknowingly encourage your kids to lie, you will be able to address and alter your teaching methods, and work towards raising an honest child.

One of the largest mistakes parents make when teaching their kids about honesty is they place more emphasis on the result of lying than on expressing honesty. Consequences for any bad behavior are necessary to implement, but it is also important that the benefits of honesty are stressed, so as to encourage kids to exhibit the trait. Kids will be further encouraged to tell the truth upon discovering the positive outcomes of doing so: the integrity they feel and the approval from parents.

However, the opposite can occur among children when they catch those they look up to in the act of lying. People can tell half-truths or white lies to avoid embarrassment or brutality, but even in these cases it is vital to the character of children that the truth is the response used. Sometimes kids may ask pressing or awkward questions that would rather be avoided, but answering truthfully – and appropriately depending on age – will influence children to do the same when the roles are reversed.

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Family Fun for Less

August 5 – Teen Open Studio

Teens are welcome to express their imagination while developing creative skills by making a project of their choice. Located at Art Planet from 6:30-7:30p.

August 11 – Pint-Sized Playdates

The Strategic Air and Space Museum offers 1 hour of themed reading and hands-on activities to improve social and developmental skills from 10-11a.



August 13 – Baby Storytime

From 10:30-11a Walt Branch Library invites parents and infants to participate in interactive activities that promote literacy and language development.



August 17 – Kids Dream Summer Film Series

Lincoln Grand Cinema offers the chance to watch favorite family flicks for \$3 every Sunday, Monday, and Wednesday from 10a-12p.

August 20 – Practice and Play

For \$5 children learn to remain balanced and strong while gaining social skills and confidence at My Gym from 3:15-4:15p.

August 25 – Preschool Paint and Storytime

Paint Yourself Silly's Pioneer Woods location welcomes kids to come together to read and paint projects about what they read. From 10:30-11:30a.

Recipe of the Month

Spinach Lasagna

You will need: 1 container ricotta cheese, 2 bags spinach, 1 cup finely grated Parmesan cheese, 2 finely chopped garlic cloves, 1 beaten egg, Kosher salt, ground black pepper, 2 cans of tomato sauce, 1 box lasagna noodles, 1 pound sliced mozzarella cheese



- 1) Preheat oven to 350 degrees F (175 degrees C)
- 2) Place ricotta, spinach, half of Parmesan, garlic, and egg in a large bowl and season with pepper. Mix until combined.
- 3) Spread 3/4 cup of tomato sauce in a thin layer over the bottom of 13x9in pan.
- 4) Layer 3 noodles over sauce. Top with another 3/4 cup of tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop 1/3 cup of ricotta mixture over sauce and evenly spread using the back of the spoon. Evenly lay a quarter of mozzarella slices over the ricotta. Repeat these steps twice more.
- 5) Place sheet of aluminum foil over dish and bake about 40 minutes. Remove foil and continue baking another 20 minutes. Remove pan and let cool 15 minutes before serving.

Honesty Policy (Cont.)

Encouraging honesty doesn't only have to come from exhibiting the quality, but from promoting it in the household as well. Express openness with your children; let them know they can talk to you about anything. Promoting comfort and confidence in your family should indicate to your children that their home is a safe space for speaking the truth.

Honesty is a near required quality to possess, and as parents you strive to implement the trait into your children. It is vital to recognize how you teach your children about honesty; stressing the importance of honesty, following your own teachings, and creating a safe environment are all ways to promote their honesty – and dissuade lies. Implementing these strategies, or evaluating your own, will help you work toward raising an honest child and establish a more honest relationship.



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Take A Break offers respite to any parent or guardian with children between the ages of six weeks to 10 years. The program facilitates opportunities for caregivers to recharge while their children are cared for in a safe, nurturing, and fun environment where children enjoy crafts, exercise, and games.

Families of all incomes qualify for the Take A Break program, but this service requires a sliding fee scale based upon the family's size and income.

Experienced staff and volunteers are CPR and First Aid certified, and trained to work with a range of behavior disorders and disabilities.

To register, or to learn more information, please contact Mary Shada at 402-434-3494 ext. 103.

Take A Break Upcoming Dates

Please make note that on the Fridays Respite childcare will be provided at Grace Lutheran Church on 2225 Washington Street.

August 7, 2015 6:30-8:30p

September 4, 2015 6:30-8:30p

September 11, 2015 6:30-8:30p

October 9, 2015 6:30-8:30p

November 6, 2015 6:30-8:30p

November 13, 2015 6:30-8:30p

December 4, 2015 6:30-8:30p

December 11, 2015 6:30-8:30p



Please call 402-434-3494 ext. 103 to register your child no sooner than the Monday before and no later than the Thursday before the scheduled Friday. To cancel, please call no later than the Thursday prior to the session.