

Hebrew Day Institute's L'chvod Shabbat



Snapshots of School Life

November 5, 2010
28 Cheshvan 5771



Dates to Remember

Parent Toolbox Workshop—To See the World Through Jewish Eyes

Tuesday, November 9 at 6pm, babysitting services available. rsvps requested.

Career Day

Thursday, November 11 at 9:00 am. Please join us for our annual program highlighting a wide variety of careers and the people who choose them!

Open House

Please tell your friends and neighbors that we are holding an Open House on **Sunday, November 14 at 10 am**.

School Shirts

On Fridays, all students should wear their blue Hebrew Day Institute shirts, with blue or khaki bottoms.

School Closed

School will be closed on **Wednesday—Friday November 24– 26** in observance of Thanksgiving.



Parent Toolbox Workshop
Tuesday, November 9, 2010
6:00—7:30 pm

To See the World Through Jewish Eyes

Bini Silver and Rori Pollak want you to know:

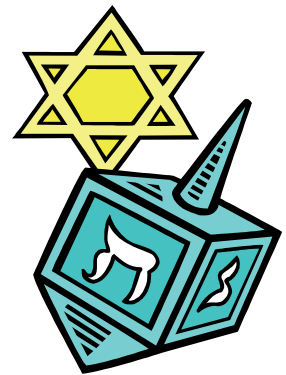
- How to raise your children with Jewish souls...
- How to make connections for your children, Jewishly...
 - Thanksgiving is full of Jewish Values...
- Welcoming guests into your home is a Jewish value...
- Connections between Thanksgiving and Sukkot...



Babysitting Information: Babysitting will be offered for children enrolled in the ECC, Religious School, Tikvat Israel Youth Groups, and Hebrew Day Institute for a nominal charge of \$5.00 for the first child and \$3.00 for the second or third child. Siblings are welcome. Pizza and milk will be served to the children. Please sign up by email to rori@tikvatisrael.org or rsalzberg@hebrewdayinstitute.org
Questions? Contact Renee Salzberg at 240-399-6100

Chanukah Performances

In keeping with our Chanukah traditions, we are excited to announce our upcoming performance schedule. As always, we rely on your support to help schlep our children around to different events during the course of the holiday. Thank you so very much for partnering with us to showcase all of our talented children!



This year we (our whole school) will be performing a shtict (combination of skit and shtick) along with several holiday songs at The Charles E. Smith Senior Life Communities, Ohev—The National Synagogue, HDI-Tikvat Israel Joint Chanukah party and at White Flint Mall. Dates and times are below.

Wed., December 1st @ 10:00 am: Misler Center/Ring House/CES Senior Life Communities

Sunday, December 5th @ 5:00 pm: HDI-TI Joint Chanukah party

Tuesday, December 7th @ 7:00 pm: Ohev—The National Synagogue in conjunction with JFGH

Thursday, December 16th @ 10:00 am: White Flint Mall

Parenting News...by Dr. Paula Sayag

What's the difference between praise and encouragement?

We all want to raise independent, confident, and responsible children. We all want to inspire our children to be curious, motivated, and energetic. One way we steer children in the directions we desire is through our use of language. It's our everyday responses and interactions that shape our children's values and personalities.

The use of praise or encouragement is a powerful tool for influencing children. I would like to show you that praise, as defined below, can actually be counterproductive to our child-rearing goals, but encouragement will positively guide children.

Praise is a reward for an accomplishment that meets or exceeds the parent's expectations. Praise says, "Good job" for the task you did so well. Praise says, "Good boy/girl," because you performed perfectly, you drew a beautiful picture, you scored a goal. Praise implies a value judgment by the parent, and suggests that the child's successful outcome pleased the parent. Praise is conditional on finishing the job correctly. And it can make children anxious to always try to please the parent and to be afraid of making mistakes. Children who are "praise junkies" do things for the parent's approval and not because they are motivated or find satisfaction in the effort. Children who receive extensive praise tend to try less hard, for shorter periods of time, and ultimately don't perform as well on measures of problem-solving and creativity.

Encouragement, on the other hand, is a gift for being oneself and trying hard. It is unconditional support for effort made. It is a demonstration of support for a child's unique interests. The word "en – courage-ment" means to instill courage, and courage comes from the French word couer for heart; courage has been called 'the heart of human potential'. Rudolph Dreikurs, an influential psychologist, once wrote, "Children need encouragement like plants need water." Encouragement promotes self-respect, risk-taking, an ability to learn from mistakes, and a "I can do it" attitude. So, what does encouragement look like?

- ☺ It takes notice of specific acts: "You are using a lot of orange in that picture."
- ☺ It is direct and sincere: "I like watching you build with those blocks and figure out how to make the tower taller and taller."

Parenting News... *(continued)*

☺ It can take the form of touching (an encouraging pat on the back), or a smile (a recognition of the child's hard work).

☺ It shows genuine interest and respect; it is not a perfunctory nod.

Alfie Kohn suggests, "You have 3 options: **Say nothing** (let the child enjoy the moment), **say what you saw** (acknowledge a specific aspect of the work), **talk less and ask more** (sincerely inquire about the child's project).

Children who receive encouragement work harder and longer at tasks, are more willing to delve into new challenges, and cope better with mistakes and set-backs.

Use of encouragement in lieu of praise takes a lot of practice, and usually results in a lot of tripping over your words for a while. I encourage you to try it, if you want your children to become self-sufficient, hard working and motivated.

-Paula Sayag, Ph.D.

Kabbalat Shabbat

Please join us for our weekly Kabbalat Shabbat program which we enjoy every Friday morning at 8:30 am.

This is a joyful way to usher in Shabbat with storytelling, songs, and ruach.

All are welcome and encouraged to attend.

We hope to see you soon!



Hebrew Day Institute
2200-B Baltimore Road
Rockville, MD 20851
T: 240.399.6100
www.hebrewdayinstitute.org