

Wilder PTA wishes to thank Independent Printing for donating their printing services AGAIN for our monthly newsletter.

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b> Coin Drive For Haiti Jeans Drive</p>	<p><b>2</b> 2-Hour Early Release Coin Drive For Haiti Jeans Drive</p>	<p><b>3</b> Coin Drive For Haiti Jeans Drive</p>	<p><b>4</b> Coin Drive For Haiti Jeans Drive</p>	<p><b>5</b> Coin Drive For Haiti Jeans Drive</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b> PTA Board &amp; General Membership Meeting 6:00 pm in the library Jeans Drive</p>	<p><b>9</b> Jeans Drive</p>	<p><b>10</b> Jeans Drive</p>	<p><b>11</b> Jeans Drive</p>	<p><b>12</b> Jeans Drive Valentine's Day Parties 2:00 Skating Party @ Skateport 4:30—6:30 pm</p>	<p><b>13</b></p>
<p><b>14</b> Valentine's Day</p>	<p><b>15</b> President's Day NO SCHOOL</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b> Founder's Day Banquet</p>	<p><b>24</b></p>	<p><b>25</b> Pasta Express Night</p>	<p><b>26</b></p>	<p><b>27</b></p>
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## Shyness: Protective Armor or Social Barrier?

### Seven strategies for helping your child overcome shyness

By pta.org

Everyone experiences shyness at one time or another. In children, some shyness is developmentally appropriate. But shyness can be an issue if it grows into a withdrawal from other people or social situations, a problem that shouldn't be ignored. The effects could follow a child into adulthood. Child therapist Dr. Andrea "Andie" Weiner, author of *The Best Investment: Unlocking the Secrets of Social Success for Your Child*, outlines social skill tactics for parents to use in helping children overcome their shyness.

Shyness is typically a temporary issue but parents shouldn't ignore it. Shyness can be very painful for a child to live with, Weiner says. Some of the side effects of shyness are: difficulty in making and sustaining friendships, trouble asserting oneself, being perceived as aloof and cold, difficulties in learning effective communication skills, and trouble in expressing emotions.

There is not one single reason why shyness develops in some children. One cause may be due to coping with new situations that may cause withdrawal. Some children are simply born with a more sensitive temperament and they need time to warm up to people. Another factor is inconsistent parenting that makes children feel insecure. Sometimes children model behavior from their shy parents who may not have many friends or social interests. No matter what the reasons are for a child's

shyness, it is often not a difficult problem to correct. Here are some social skill strategies that a parent can employ to help with their child's shy behavior:

**1. Expose children to many different people and social situations:** Starting at a young age, parents should introduce their children to many different people, social situations, and activities like play groups. This helps young children get used to new social interactions in various settings giving them opportunities to interact with one another. Also, by getting the shy child involved in social activities, it counteracts their tendency to want to isolate themselves from others.

**2. Practice modeling non-shy behaviors:** Shy children can model others who express themselves emotionally in appropriate ways, interact well with others, and display socially appropriate skills such as introducing yourself to others and showing manners. If your child doesn't know how to do this, role-play shaking hands and introducing yourself. Make it a game.

**3. Let go of the label "shy child" (and discourage others from using it):** Children that are labeled as shy by their parents or others may feel that they have to live up to that expectation. If for some reason you feel that you must explain your child's bashfulness, just say, "Sometimes my son/daughter takes time to get used to new people and situations. Once he/she gets used to you, he'll/she'll feel like talking". Notice the words "shy" or "reserved" were not used.

**4. Help shy children feel more capable by teaching them responsibility and independence:** Too often shy children are too

dependent on their parents or other significant people in their lives. This can create reluctance to take risks in making friends or getting involved in social situations. Give your child some responsibilities, like some chores that are challenging but are within the child's capabilities. Encourage them to make decisions. When kids feel important, that enhances their self-love for themselves.

**5. Role-play social situations using social communication skills:** When shy children feel more capable of knowing what to say in conversations during a social situation, they gain confidence to engage these behaviors in real life situations. Pretend you are the interviewer and "interview" your children about their favorite foods, and other things about them. Then switch roles and let your child interview you. You can move into more definitive role-playing like what to say when someone sits next to them on the bus.

**6. Do not let shy children isolate themselves:** Because shy children get uncomfortable around other people, they have a tendency to withdraw and spend time alone. Encourage shy children to partake in friendships and activities with others.

**7. Don't speak for shy children:** It's important for shy children to speak up for themselves and they will do it if they have a chance. If parents answer for their shy child, it not only reinforces shy behavior but also does not give the shy child opportunities to practice social communication skills.

For more information on Andie Weiner, go to <http://drandie.com/>.