



Trips to the Dentist Don't Have to be Scary

Dr. Kyle Pruett, M.D., Clinical Professor of Child Psychiatry at Yale School of Medicine and member of [The Goddard School's Educational Advisory Board](#), shares tips on how to [ease your child's fear of the dentist](#).

How to Teach Your Children About Money

It's never too early to start teaching your children about money. Follow these three tips to help them [budget, save and learn the differences between "want" and "need."](#)



What You Need to Know Before Signing Up for Swim Lessons

Swimming doesn't just happen in the summer! In fact, fall and winter are great times to head over to your local indoor pool and let your children splash around. Read this article to brush up on [water safety for you and your children](#).



Be Kind to Yourself, Your Children are Listening

[First Day of School Time Capsule](#)

Capture first-day excitement and [make memories with a time capsule!](#)

What you need:

- Clear container
- String
- Scissors
- Pens/pencils
- Paint
- Paper
- Photos

Directions:

1. Make a label for the capsule that says: Do not open until the last day of school!
2. Trace or dip your child's hand in non-toxic paint, on a piece of paper. Write down the day and grade your child is entering.
3. Ask fun school-related questions and record them. Or write down fun facts about your child if he or she doesn't talk yet.
4. Measure your child's height with a piece of string.
5. Take photos and print them out.
6. Assemble all contents and place into the time capsule - don't forget where you put it!

What will you include in your child's first-day time capsule?

We are all self-critical, but [negative self-talk can harm more than your own self-esteem](#). As the old saying goes, “little pitchers have big ears.”



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