



# GODDARD PARENT

A Monthly Publication of Parenting Tips

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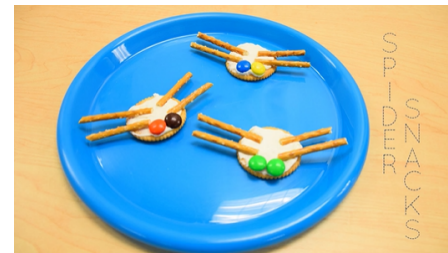


## Three Approaches To Teaching Your Child To Be Kind

How do we help our children learn to be kind to others? This topic often comes up in the fall as children make new friends at school, and National Bullying Prevention Month in October is a great time for a refresher. Lee Scott, the head of The Goddard School's Educational Advisory Board, [shares some approaches that will help children practice kindness](#) in virtual interactions with classmates, friends and family members.

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## Spooky Snacks - Pretzel Spiders



Are you looking for a spooktacular twist for your child's Halloween snack? Try these tasty spider snacks!

### Ingredients

- Crackers
- Cream cheese
- Pretzel sticks
- Candy-coated chocolates

### Directions

1. Spread cream cheese on a cracker.
2. Break the pretzel sticks in half, and arrange them as legs on each side of the cracker.
3. Place small candy-coated chocolates on the cream cheese for eyes.
4. Enjoy!

*\*An adult should oversee all the activities. The activities may not be appropriate for all ages.*



## Here's What Children Can Learn From Playing Games

For families with young children, classic games like Chutes and Ladders, Go Fish and Candyland are fun ways to enjoy family time, but they also promote important social skills, including taking turns and sharing, and academic skills, such as counting, color matching and comparing numbers. In this article, Helen Hadani, a member of The Goddard School's Educational Advisory Board, [explores some games that encourage your child's skill development.](#)

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## 7 Ways To Help Your Children Develop A Positive Relationship With Food

“Candy is junk food. It’s not good for you.” “You need to eat your broccoli. It’s so healthy!” Many of us have the habit of labeling foods as good or bad, healthy or unhealthy and nutritious or junk, and parents often teach children to adopt these labels without thinking about the long-term effects. This article provides alternate ways to help your child [establish balanced and positive eating habits](#).

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## Encourage Imagination During Halloween

Halloween is the perfect time for your children to explore their imaginations. [Try out these crafts, costumes, snacks and stories](#) with your little ones to encourage self-expression during this holiday.





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