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Magazine



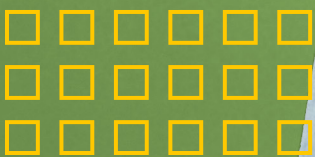
Learning Styles

Understanding
Your child's best
method of learning

Back to School Motivation

Getting Your Kids Ready For Middle School

Education Edition



July 2023 // Vol. 38 No. 7

ourkidsmagazine.com



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A note from the publisher

We're still in the middle of summer, but for parents with school age children, it's important to get a head start on the brand new school year! In this issue, I've shared a couple stories that can help you get the year started right. We also just launched OurKids Apparel. This set of unique items designed by us is a fantastic way for our readers to support the magazine!



Andres Flores

Not all kids learn the same way. Author Tanni Haas, Ph.D gives us insight into how we can use our child's learning style to optimize their education.

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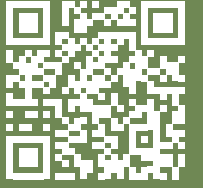
Edited by
Andres Flores

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Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



Party On The Plaza At Tower Of The America
July 7
7:00 pm - 11:00 pm

Every first Friday of the month starting June 2, 2023 through October 6, 2023 join us at the Base of the Tower and listen to the best local sounds of San Antonio with our monthly free concert series. Bring the whole family!



Cinema On Will's Plaza | In The Heights
July 14
Opens 7:00 pm

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Family Night at the Pool
July 28
6:00 pm - 8:00 pm

Spend an admission- free evening at the Boerne Municipal Pool. We will have activities and games for all ages. The Municipal Pool is located at 106 City Park Road, Boerne, Texas United States.



Kid's Day Out in New Braunfels
Aug. 6
1:00 pm - 3:00 pm

The Briscoe Western Art Museum is steaming into spring by pairing its monthly free days for local visitors with its popular "Full STEAM Ahead" educational series. Families can enjoy hands-on (and fun!) educational activities.



Toddler Time at New Braunfels Public Library
Aug. 7
5:30 pm - 7:30 pm

Explore The DoSeum's fun interactive exhibits alongside your family for free! A link for ticket reservations will be posted on thedoseum.org at 8 AM the morning of Free Family Night. Registration is on a first-come, first-served basis.

Reach the publisher:
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Story by
Sarah Lyons



How to Motivate Kids for Back to School

The long summer days of sunshine, pooltime, travel, and enjoying a leisurely schedule are coming to a close as a new school year quickly approaches. Some kids enjoy all of the excitement and promise of a new school year but others may find the thought of waking up early, completing nightly homework, and the stress that

goes along with maintaining good grades something to dread rather than look forward to. Parents can help get kids excited for the new school year so they don't lose their motivation before the school year even starts.

Set a good example

For busy parents, it can be easy

to get down about the thought of getting up early, packing lunches, helping with homework, shopping for school supplies, and prodding the kids out the door every morning. Our kids feed off of our attitude and if we are dreading the back-to-school routine, chances are they will too. On the other hand, if a parent focuses on the positives

of a new school year such as having a fresh start with a new teacher, making new friends, and the fun of being challenged and learning new things, our kids will feed off of this excitement and start to look forward to a new school year also.

Use what they love

A great way to motivate a child is to use something they are already looking forward to. If you have a social child, then remind them they will have daily time with friends. If they love sports, remind them they will have the opportunity

A close-up photograph of a young child with dark curly hair, laughing joyfully. The child is wearing a teal t-shirt. In the background, there are colorful handprints in shades of pink, yellow, and blue.

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to participate in P.E. class, play at recess, or participate in school sports. If they have a favorite subject, focus on the opportunity to learn more throughout the school year. Encourage your child to get involved in clubs and activities that include things that they love and are interested in. For some kids, buying a new backpack and school supplies will be a great motivator for them. Consider what will motivate your child and focus on the positive aspects that are related to school and what your child loves about it.

Be realistic

One way to motivate your kids is to be honest with them about the importance of a good education. School

is necessary and important for your child to build their skills in reading, math, science, and understand the world around them. It's also important to do well in school if they would like to continue on to college. For younger kids, college may seem like the distant future. Parents can explain that they use reading and math skills every day. The teamwork and social skills they learn in school will also help them learn to work with others in sports and play.

Create healthy habits

Encourage your child to get a good night's rest, eat a healthy breakfast, and focus on good study habits. An after school routine to complete homework and



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chores will help your child adjust to the back-to-school routine. Set aside time for free time as well. Host a playdate, have a movie night, go to the park, and schedule time for fun and relaxation so kids don't get too bored with their routine.

Share your expectations

It's important to let your child know you have high expectations for the upcoming school year. Work with your child to set goals for success and reward them for meeting their goals. Some kids may need

an academic goal, while others need goals such as no tardies for the quarter or turning all assignments in on time. It may help to communicate with your child's teacher to come up with some beneficial goals for your child. Rewards could include a special outing as a family, going out for ice cream, picking out a special toy, or extra screen time.

As your family kicks off a new school year, try to stay positive and use things that already motivate your child to get them excited about the new school year ahead.

About the author:

Sarah Lyons is a freelance writer and mom of six kids including triplets. She enjoys reading, writing, and spending time outdoors with her family.



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Understanding Your Kids' Learning Styles

Story by
Tanni Haas, Ph.D.

As your kids head back to school this fall, one of your top priorities, as a parent, is to help them with their homework. But how do you best do that? To be sure they truly understand the material, it's useful to know how they learn. Researchers have discovered that there are four major learning styles: visual, auditory, reading/writing, and kinesthetic. Below are brief descriptions of each learning style and how you can tailor your homework help.

Visual Learners

How They Learn: Visual learners process new information by seeing it. A sign that your kids might be visual learners is that from a young age they lingered over illustrations in books and other visual stimuli. Another sign is that they love to draw or paint. At school, visual learners often doodle when they listen to the teacher. It helps them better understand and remember the material.

How To Help With Homework: Have your kids create visual representations of the material



photography
BY.EMMETT

ANDYEMMETT.COM

they're supposed to learn. This can be charts, diagrams, figures, maps, and timelines. Other useful tools include color-coded flashcards, sticky notes, and folders. If they have a hard time understanding something, show them how it's done instead of telling them how to do it. Since visual learners often get distracted from too many visual stimuli, it's important to keep

A sign that your kids might be auditory learners is that they "read" books out loud to themselves

their study space neat and clutter-free.

Auditory Learners

How They Learn: Auditory learners process new information by having it explained to them out loud or by vocalizing it themselves. A sign that your kids might be auditory learners is that they "read" books out loud to themselves, even before they learned to read properly. Another sign is that they love listening to music and singing. At school,

auditory learners often hum when they do their work.

How To Help With Homework: Have your kids vocalize the material they're studying. Making up rhymes and songs will help them better remember it. Have them record themselves explaining the material, so that they can listen to the recordings whenever needed. If they have a difficult time understanding something, explain it to them orally. Since auditory learners are highly sensitive to auditory stimuli, have classical or instrumental music playing in the background when they study.

Reading/Writing Learners

How They Learn: Some kids process new information by reading or writing about it. A sign that your kids might be reading/writing learners is that they enjoy keeping a journal or writing creative stories. At school, reading/writing learners are especially good at taking notes from their textbooks and from what the teachers are writing down on the blackboard.

How To Help With Homework: Have your kids write down what they're supposed to learn in an organized way. Have them



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create detailed study notes, organized nicely into sections with proper headings. Get them to look up information online and in reference material as they work. Since reading and writing require focus, make sure their study space is nice and quiet.

Kinesthetic Learners

How They Learn: Kinesthetic learners process new information through hands-on activities that allow them to touch and manipulate objects. A sign that your kids might be kinesthetic learners is that they

love creating new things with building blocks or taking things apart to see how they work. At school, kinesthetic learners especially enjoy tactile scientific experiments.

How To Help With Homework: Have your kids study with physical objects. This can be using coins to learn math, or cutting letters to practice spelling. Since touch and movement help kinesthetic learners process new information, encourage them to stretch regularly or move when they study.

About the author:

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York – Brooklyn College.



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Getting Your Kids Ready For Middle School

Story by
Tanni Haas, Ph.D.

There are few transitions more important than the one from elementary to middle school. Kids go from being, well, kids to becoming adolescents with all that entails. How do you prepare them for the academic and social challenges of middle school? Here's what the experts say:

Visit The School

Going to middle school often means literally starting at a new and unfamiliar school, and that can make any kid anxious. You can help ease the transition, Alicia Trautwein, a parenting coach and author of the well-known blog, *The Mom Kind*, says by making it a priority to visit the school with your kids on back-to-school night. She suggests that parents let

An advertisement for Cornerstone Christian Schools. The top half features a collage of photos: a girl in a red and white soccer jersey, a boy in a red and white football jersey with the number 42, a boy in a blue polo shirt, a girl in a red and white marching band uniform, a boy in a black shirt working on a robot, and a girl in a green and black costume. The text "Cornerstone CHRISTIAN SCHOOLS" is overlaid on the photos. Below the photos, it says "Offering a Christ-Centered Education through Academics, Fine Arts & Athletics". The word "WHERE" is in red, and "WARRIORS" is in large white letters. "Are Made" is written in red cursive below "WARRIORS". At the bottom, it says "Schedule a tour at sa-ccs.org/VisitUs" and "17702 NW Military Hwy | 210-929-9203".

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An advertisement for Somerset Academy Texas. The top left features the school logo, which is a blue shield with a white book and a torch, surrounded by a laurel wreath and the text "SOMERSET ACADEMY" and "EXCELLENCE IN EDUCATION". To the right of the logo is the text "SOMERSET ACADEMY TEXAS". Further right is a blue badge with a white ribbon that says "B" Rated District 2022". Below the logo and text is a blue box with a white border containing a list of campuses and a paragraph of text. At the bottom of the blue box is a photo of four students in blue shirts working on a project. Below the blue box is the text "Visit Us at SomersetAcademyTX.org".

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their kids explore the school on their own by having them walk around with a schedule so that they can find all their classes, look for their locker and practice their lock combination, and go outside to get a feel for the area. "By helping them get comfortable with the school hallways, classrooms, and environment," Ms. Trautwein says, "they can be more prepared for the transition."

Develop Organization Skills

In middle school, the day suddenly gets much more complex than what they've been used to in elementary school: there are many more courses, taught by different teachers, and often in classrooms on different floors of the building. This requires good organization skills. Marion Wilde of Great Schools, an education think tank, goes so far as to say that "organization is the key to middle-school success." The experts at KidsHealth, a major health-news site, suggest that parents buy binders, folders, and notebooks for each class, teach their kids how to use a personal planner, and encourage them to make daily to-do lists of assignments.

... and Time-Management

An important part of organization is time-management. Ms. Wilde suggests that parents teach their kids to estimate how long each assignment will take to finish, and then help them divide up the work over the number of days allotted for each assignment to create smaller, more manageable chunks of work and a realistic schedule. Ms. Trautwein adds that parents should help their kids create a daily schedule, which includes morning and evening routines, homework and study time, extracurricular activities and time with friends, and some alone time where they can unwind and de-stress. Ms. Trautwein says that having such a schedule will teach your kids accountability: they'll become "more accountable for their time and the things they need to get done."

Help With Homework

Homework is much more demanding in middle than elementary school; kids are often expected to do 1-2 hours of homework every day. Experts agree that parents should encourage their kids to take ownership



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of their homework. Ms. Wilde suggests that parents ask lots of questions as a way of guiding their kids: “Where do you think you should begin? What do you need to do next? Can you describe how you’re going to solve this problem? What did you try that didn’t work? What did you try that did work?” Cynthia Tobias and Sue Acuna, co-authors of *Middle School: The Inside Story*, agree that parents should act more like consultants who ask probing questions

than as authority figures ready to offer the solution: “If your child’s grades slip, ask questions to find out why it’s happening and help him think through a plan to correct the problem.”

Deal With Friends

In middle school, kids often start to develop deep and intimate friendships and, as with all relationships, these friendships sometimes go sour. How do you help your kids deal with friendship issues? Two of the best

approaches are: 1) being emotionally available for your kids, and 2) helping them to brainstorm possible solutions. Michelle Icard, author *Middle School Makeover* and many other parenting books, says that sometimes the best approach is simply to be there for your kids ready to listen to whatever they have to say: “Your reassuring presence in their lives might just be enough.” Ms. Tobias and Acuna add that parents should let their kids know that they’ll always be there for

them: “At this age, what they want from you is what you want from a friend or a spouse: to be listened to, understood and taken seriously.”

If the issue is more serious and/or your kids are clearly troubled by it, try to help them come up with possible solutions. Just as with homework, however, don’t try to solve their issues but instead help them come up with solutions. “Running into friendship trouble can make tweens feel helpless,” Ms. Icard says, “but coming up with personal solutions is a great way to restore feelings of capability and confidence.”

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