

MAY 2016

## PARENTS PERCH

# PATIENCE



**Young students:** "Waiting without complaining!"

**Older students/teens/adults:** Waiting without complaining for something you want or need.

**WEEK 1** Patience defined: What does patience mean and how can I show it?

**WEEK 2** Patience & turn-taking: How can I wait for my turn or the "right" time?

**WEEK 3** Patience & learning: How can I be patient? How are others patient with me?

**WEEK 4** Strategies for being patient: How can I be patient and what are the rewards?

*Dear Family,*

This month our Powerful Word of the month is "patience."

Patience has a simple definition; waiting without complaining! While patience might be a simple concept to grasp, it isn't an easy mind-set to master! For children (and many adults), it can be especially challenging as most people don't like to wait!

Young children are developing "waiting skills." They may not comprehend why they must wait for something they feel they need or deserve. As children mature, they are able to wait for longer periods of time with more understanding and patience. While many might hope for "instant gratification," life reminds us that "sometimes

you have to wait!"

Research tells us that while it can be difficult to delay gratification, it's worth it! A famous study by Stanley Milgram asked children to choose between eating one big marshmallow right away or getting to eat two if they wait until the researcher returns to the room. In follow up studies, the data suggest that the children who were able to resist immediate gratification grew up to have better college exam scores, health and jobs.

More recent research indicates that impatient children perform worse in school, earn less lifetime income and are more often unemployed than children who were more patient (Golsteyn et al, 2013, 2014).

**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT

The studies also suggest that people who are impatient as children are more prone to die young than those who showed more patience. Given that more patient children are shown to be more successful and healthier adults, we will be working on teaching strategies to build patience all month long!

We thank you for allowing us to partner with you on building children with powerful character.

Here's to your success!

Best Regards,

—Your Motivated and  
Dedicated Instructors

### UPCOMING POWERFUL WORDS

**JUNE** Cooperation

**JULY** Determination

**AUGUST** Charity