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RANCH RECORD

News for the Residents of Blackhorse Ranch



How to Raise a Confident Child

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome

based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parents trying to protect their children from unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how others perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will

(Continued on Page 2)

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North Cypress Medical Center	281-477-0830
Willowbrook Methodist	281-477-1000

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Warner Elementary School	281-213-1645
Spillane Middle School	281-213-1645
Cy Woods High School	281-213-1727
Cy Fair High School	281-897-4600
Cypress Ranch High School	281-373-2300

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Drivers License Info.	281-955-1100
Harris County Tax	713-224-1919

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(Continued from Cover)

encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

Author: Neena Hamamy, MA, LPC, LMFT



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The Cypress Ranch Choir TMEA All-State Performers

Congratulations to Cypress Ranch Choir members Jacob Barnes, Vicky Furlan, Reed Sellers and Ryann Stringfellow who performed in the 2017 TMEA All-State Choir Concert on February 11th in San Antonio, Texas!



Cypress Ranch Choirs Spring Show

Please join the Cypress Ranch Choirs for their Spring Show on Thursday, May 11th, at 7:00 p.m. in the Cypress Ranch High School Auditorium. All Cy-Ranch Choir alumni are especially invited to attend.

For more information, please check the Cypress Ranch Choir website www.ranchchoir.com

A graphic for Peel Inc. featuring a large blue circle with a white stylized 'P' and a leaf. To the right, a red banner says "ADVERTISE Your Business Here Call 512.263.9181 for details." Below the banner is the website "www.peelinc.com".

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A large advertisement for Jar Jar & Company Services. It features a background image of plumbing fixtures including a water heater, a tankless water heater, a sink, and a radiator. The text includes the company name, contact information, and a list of services.

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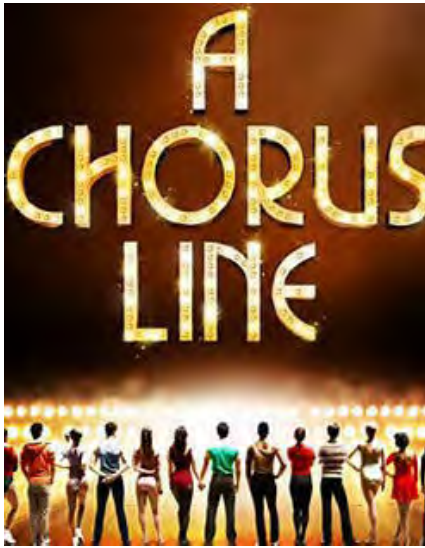
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Cypress Ranch Theatre



The award winning Cypress Ranch Theatre Department presents A CHORUS LINE, coming your way April 21st and 22nd, 7pm Tickets: Adults \$12, Students \$8

This singular sensation of a musical tells the story of 19 dancers at a final audition, vying for a spot in a Broadway show. A landmark American musical, A Chorus Line has been called "the greatest musical – ever." With music by Oscar and Tony winning Marvin Hamlisch, A Chorus Line celebrates the dreams, guts and sweat that we all need to take our place "on the line." You don't want to miss this show...get your tickets today: www.cyranchtheatre.org"

Albion Hurricanes FC Soccer Tryouts and Evaluations Coming in May!

Albion Hurricanes FC (AHFC), established in 1989, is leading the way in South Texas youth soccer by inspiring and developing young men and women through world class coaching and innovative techniques, as well as instilling the proper framework, self-esteem, confidence and sportsmanship within our athletes.

AHFC has multiple campuses in and around Houston . The club invites all interested players from the ages of 7 to 18, to the Player Evaluations and Tryouts to become part of our success. We ask that all interested players pre-register before coming out to the fields. Please visit albionhurricanes.org for details about your particular campus.

AHFC offers JHSL (a recreational program for 5 - 10 year olds) at our Cy Fair and Central locations and offers additional training at Katy Friday Night Academy and New Territory Thursday Night Academy. Canes Summer Soccer Camp will be in June and July and is now open to register. All information regarding all of the programs and camps can be found at albionhurricanes.org.

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29TH Annual B. F. Adam Golf Classic Thursday, May 11, 2017 BlackHorse Golf Club

(Cypress, TX) - May 11, 2017, the Cy-Fair Educational Foundation (CFEF) will hold its 29th Annual B. F. Adam Golf Classic at BlackHorse Golf Club. For the past 7 years, Cypress Fairbanks Medical Center Hospital, a Cy-Fair Educational Foundation Partner, has generously underwritten this tournament. Linebarger Goggan Blair & Sampson and IBI Group have been Platinum Sponsors for more than 10 years.

One of the largest non-celebrity tournaments in the Houston area, the B.F. Adam Golf Classic is a prime example of our trustees and community business partners working together to raise scholarship funds for students of Cypress Fair banks ISD. This tournament has successfully raised over 2.7 million dollars.

CFEF was established in 1970 as a non-profit to raise money to fund a scholarship for high school graduates in the area. Over the past 46 years, the Foundation has grown tremendously through the efforts of the Board of Trustees and the generosity of the Cy-Fair Community. The Foundation has awarded more than \$7 million in scholarships to 1400 graduating seniors. CFEF is a 501(c)3 non-

profit organization, all contributions are tax deductible, as allowed by the law.



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Messiah Lutheran Church Butterfly Family Festival

Sunday, April 23, 2017 12:00-3:00PM

11522 Telge Rd., Cypress, TX 77429

Butterfly Family Festival is Taking a Twist

Come see a LIVE butterfly release! Messiah Lutheran Church is hosting its annual Butterfly Family Festival on Sunday, April 23, 12:00-3:00 PM at 11522 Telge Road in Cypress. This year we are adding new events! Beginning at 9 am we will host multiple vendors along with our silent auction. We've added Bingo, a train ride, popcorn, cupcake decorating and a FREE Basketball game.

Yes we will have your favorites: delicious BBQ lunch, cookies, a raffle, children's carnival games, cake walk, book walk, face painting, music, inflatable slide, and bounce house. Children 12 and under will receive 3 FREE tickets. The auction will run from 9:00 am-2:30 pm. The barbecue lunch will begin at 11:00 am and can be taken home or eaten at Messiah. All games will begin at noon. Bring the whole family to see the butterfly release, eat some great food, and have some fun!

The day's events will benefit Chrysalis, A Grace Place for Children, by providing scholarships to families that attend our school. Chrysalis features a Christian preschool, after school, and summer camp programs. Chrysalis Christian Preschool admits students of any race, color, and national or ethnic origin. Call 281-807-0764 or go to www.messiahlc.org/events for further information.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular Sunday worship times are: 8 am—Traditions; 9:30 am—The Gathering; and 10:45 am—The Crossing. The Discovery (education) Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.

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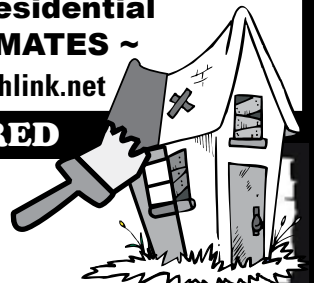
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