<text>

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 thing 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 parent's 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 other's 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 3)



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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 selfesteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own selfworth as well as your children's.

Author: Neena Hamamcy, MA, LPC, LMFT



ADVERTISING INFO

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or <u>advertising@PEELinc.com</u>. The advertising deadline is the 10th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes of Fairhaven residents, limit 30 words, please e-mail *thebeacon@PEELinc.com.*

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or <u>advertising@PEELinc.com.</u>

NEWSLETTER INFO

Publisher

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Article Submission	thebeacon@PEELinc.com
Advertising	advertising@PEELinc.com

NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at www.lakesoffairhavenHOA.org and register to get emails on HOA info and upcoming LOF announcements.



SPRING IS HERE!

It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:

- 1. Agreeable Gray-Sherwin Williams 7029
- 2. Intellectual Gray-Sherwin Williams 7045
- 3. White Flour-Sherwin Williams 7102
- 4. Ancient Marble-Sherwin Williams 6162
- 5. Sea Serpent-Sherwin Williams 7615

2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork. 3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...

Article by Rita Droege Lopez, business owner and creative designer. If you would like more home design and/or organization tips, please contact rita@tarragonadesigns.com





The Art of Choosing a Summer Camp

By Mike McDonell President, Kidventure

Parents, let's face it. Our kids are growing up in a world much different than the ones we rode our Big Wheels in. Back then, we roamed the neighborhood in search of an adventure. Left to our own devices, we would transform empty lots into playgrounds, create fantastic forts with blankets held fast by encyclopedias, and find endless utility out of something as simple as a stick.

The world is now lightyears away from what we knew then. Driven by an endless flow of information and novelty, the bar to keep kids engaged is as high as it has ever been. That is why camp is so important and has never been more essential than right now.

Choosing the right camp can allow your child the opportunity to discover themselves, to interact with others, to feel inspired, or part of something great. Yet with all the camp options out there, choosing an appropriate program can be challenging.

The following are some of the most important questions you can ask of any camp program. These will aid you when looking to make the most of your child's camp experience.

General Camp Questions

1. Is the camp right for your child? Too many times, parents will

enroll their kids in a camp they see themselves in and not their kids. You know your child best, so take into account their strengths, natural inclinations, and preferences.

2. What is the camp's mission statement? Every camp should have a goal or a mission. That mission should ultimately be to makes kids feel great about themselves and feel successful.

3. Does the camp program have a track record of quality programming and service? Read reviews, ask for a couple of references, and talk with other parents who have been to that camp.

4. Is this camp licensed by the State of Texas Youth Camps Division? This licensing ensures that every camp is held to certain standards in terms of safety, quality of staff, and quality of programming. If a camp is unlicensed, then it can be shut down by the state of Texas at any time.

5. What is the camp's policy on how they reward good behavior and regulate poor behavior?

Staff Questions

A camp can have the most beautiful facilities, state-of-the-art (Continued on Page 6)



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(Continued from Page 5)

camp equipment, and the best website, but the quality of any camp program begins and ends with the quality of the staff.

1. What is the ratio of counselors to campers?

2. What is the age of the staff, and what are the camp staff minimum qualification standards?

3. What medical qualifications and procedures are set in place for campers and their staff?

4. What is the background check process on your staff?

5. Will the staff simply be supervising kids, or will they be active participants

Programming Questions

Good camps have an active and well thought out curriculum. That curriculum should take into account factors like multiple ages, the weather, and the number of children attending. The following are a set of questions that should give you a good feel for the programming.

1. Does the camp provide an age appropriate curriculum suited for my child and his/her abilities? Camps tend to be open to a wide range of kids, so make sure that their activities are developmentally appropriate. Make it a point to ask about the appropriateness of the program with regards to your child's age and individual needs.

2. What percentages of those activities are outdoors vs. indoors? How does the camp program plan for the hot temperatures during the summer?

3. How are multi-age campers grouped in camp?

4. Are there field trips? If so, how are campers transported? Who drives and is there air-conditioning on that transportation?

Overnight Camp Specific Questions

When it comes to overnight camp options, many of the previous questions are perfectly applicable. However, because your kids will be going away for camp, a few more specific questions will help you make a better and informed decision.

1. What are the sleeping arrangements like? Not every camp has air conditioning. If that's a deal breaker for you or your camper, then ask. Additionally, the number of campers within a lodging varies greatly from camp to camp.

2. What is the waterfront safety procedure? Are there lifeguards stationed at all water activities?

3. What is the camp policy on use of technology at camp?

4. What are the food options like? Can they accommodate any allergies or dietary needs?

In Conclusion

Though this is not a comprehensive list, these questions will help you learn more about a camp program and give you the opportunity

(Continued on Page 7)

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NOW OPEN





(Continued from Page 6)

to select your child's camp experience more wisely. At the end of the day, the camp you choose for your child must be safe, it must place the camper first in all matters, and it must provide both you and your child with an environment that is both comfortable and rewarding.

Camp has the power to transform the lives of our kids. It can teach courage, teamwork, empathy, grit, independence, and confidence. That transformative spirit has never been more alive than today. Seek out great camp programs, ask the right questions, and make solid camp choices with your child. The results will provide them with an immensely rewarding experience, one that they will carry with them for the rest of their lives. Happy camping!



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 Thusday Night Academy. Canes Summer Soccer Camp will be in Juna 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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<u>The Beacon</u> 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 nonprofit organization, all contributions are tax deductible, as allowed by the law.

Messiah Lutheran Church Butterly 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, ¹/₂ 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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"Cy-Fair Women's Expo to Fund Local Scholarships"

Event Details

Thursday, April 27, 2017 11a.m. - 4p.m. Sterling Country Club 16500 Houston National Blvd., Houston, TX 77095 Free Admission

Houston, Texas (March 9, 2017) The 9th Annual Cy-Fair Women's Expo will be April 27, 2017 from 11:00 am - 4:00 pm at Sterling Country Club, 16500 Houston National Boulevard, Houston, TX 77095. This year's event invites attendees to ignite connections and give back to the Cy-Fair community.

Besides giving over 60 vendors a place to showcase their products and services, the goal for our expo this year is to get the community more involved and show the Cy-Fair area what ABWA and CYFEN are all about. One of the ways we are doing this is to have local personalities present to meet and greet. Celebrities will include American Ninja Warrior Sam Sann. former NFL player and Food



Network Star Eddie Jackson, and Randy Lemman, The Garden Guy.

This event is hosted by the **Cy-Fair Express Network (CYFEN)**, a local network of the American Business Women's Association (ABWA) that provides a nurturing environment for business development, networking, education, and mentoring in Northwest Houston. Cy-Fair Express Network funds numerous local scholarships. For more information about the Expo or about CYFEN, please go to www. CYFEN.org or email expochair@cyfen.org.

The Expo is sponsored by Cake. Fine Pastry, Cypress Fairbanks Medical Center Hospital, A Splash of Sass, Robin Haynes State Farm Insurance, and Villa Sport Athletic Club and Spa.



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Cy-Fair Republican Women April Meeting

Tuesday, April 11th will be CFRW General Meeting from 10:30 AM - Noon.

Meeting is \$3 -- Meeting w/Lunch at Noon is \$23.

Hearthstone Country Club, 7615 Ameswood, Houston, TX 77095

All are welcome! Come and enjoy like-minded fellowship and relevant speakers. Our goals include educating our community about the workings of all levels of government and each of us has a voice.

RSVP to www.cfrw.net by April 4th. We look forward to seeing you there!

SAVE the DATE—November 3rd for High Heels & High Tea!



10 The Beacon - April 2017

Kids Chib Attention KIDS: Send Us Your Masterpiece!
Color the drawing below and mail the finished artwork to us at: Peel, Inc Kids Club 308 Meadowlark St Lakeway, TX 78734-4717 We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc. DUE: April 30th
Be sure to include the following so we can let you know! Name:(first name, last initial) Age:
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Lakes of Fairhaven Year-to-Date Sales Report												
	May '16	June '16	July '16	Aug '16	Sep '16	Oct '16	Nov '16	Dec '16	Jan '17	Feb '17		
\$500,000 and above	1	6	4	3	1	2	0	1	2	1		
\$451,000\$499,999	0	0	0	0	0	0	0	0	0	0		
\$351,000\$450,999	0	0	0	0	0	0	0	0	1	0		
\$276,000\$350,999	0	0	0	0	0	0	0	0	0	0		
\$231,000\$275,999	0	0	0	0	0	0	0	0	0	0		
\$201,000\$230,999	0	0	0	0	0	0	0	0	0	0		
\$200,999 and below	0	0	0	0	0	0	0	0	0	0		
Total	1	6	4	3	1	2	2	1	3	1		
Highest \$/sq ft	\$136.37	\$140.64	\$152.41	\$135.27	\$159.01	\$135.45	N/A	\$111.60	\$130.55	\$123.98		

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