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We're hosting a Harvest Open House at The Kensington Falls Church, and you're invited

Saturday, October 21, 2017
from 1pm-3pm
700 West Broad Street

Family & Friends Welcome • Tours • Refreshments
RSVP to 703-992-9868
or conciergefs@kensingtonsl.com

Please join us for a harvest open house as we anticipate the crisp temperatures and beautiful colors of fall. Our community is buzzing with activity, along with the happy sounds of residents, staff, family, and our beloved four-legged friends. Having you here to share it all will make our upbeat mood even more so! We promise to make you feel welcome as soon as you cross the threshold. Our team is quick to deliver a smile and a hug, and maybe even a two-step and a song.

While you're here, sneak a peek at available assisted living suites. Explore programs of care that promote joy and wellness. Mingle with guests while getting a taste of the arts at a special exhibit, courtesy of Falls Church Arts. And, introduce yourself to us and someone you love.

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House Of Delegates Candidates Square Off In Debate

By Fallon Forbush
The Connection

There are only three weeks left until Election Day and the race for the area’s representative in the House of Delegates is heating up.

The two candidates vying to represent District 34, which includes Great Falls, McLean and parts of Vienna, in the Virginia General Assembly debated at the Great Falls Grange on Thursday evening, Oct. 12. The event was hosted by the Great Falls Citizens Association, an organization that does not endorse candidates but encourages a well-informed community.

Incumbent Democrat Del. Kathleen Murphy of McLean was at ease throughout the event, prodding the debate moderator to make sure the debate started promptly at 7:30 and ended on time. A Washington Nationals game was scheduled to start at 8 o’clock and the debate was scheduled to end at 9 o’clock, and she was determined to catch the ending.

“I’m a very big baseball fan,” she said, proud to represent several players on the team who live in the district.

In contrast, events like this were atypical for her Republican challenger, Cheryl Buford of Vienna.

“This is a new experience for me,” Buford said before the debate. Unlike Murphy, she has not received any organizational endorsements.

Though the event ended on time, Murphy’s team lost to the Chicago Cubs 8-9, undoing its chance of competing in the World Series.

However, Murphy cannot say she has gotten everything her way as a member of the minority party in the capitol. Murphy is chief patron of 12 bills this legislative session, three of which became law.

The first bill was an effort to combat Virginia’s opioid overdose epidemic. Opioids are drugs that mimic the properties of opiates like morphine and codeine, and include illegal drugs like heroin and legal drugs like fentanyl and prescription painkillers.

In February, Gov. Terry McAuliffe signed several bipartisan bills into law supporting needle-exchange programs, increased access to overdose-reversal drug naloxone, changes to opioid prescription policies and processes for providing care to infants exposed to opioids in utero.

MURPHY’S BILL required the Board of Pharmacy to develop guidelines for pharmacists in order to provide counseling and information to patients who are prescribed drugs regarding proper disposal of unused drugs.

The second bill, passed in March, requires each school board in the commonwealth to publicize the actual public-teacher ratios of each middle and high school for the current school year.

Murphy was successful in passing these three bills this year because of their bipartisan support.

“I have to admit that it’s a challenge being in the minority,” Murphy said during the debate. “You do learn that you have to go and work together to get things done, and it is a little harder — for sure.”

But it isn’t a problem if she really wants to get it done.

“I am relentless when I see an issue that I believe we need to address and I go after a comrade on the other side; and so far, I’ve been very successful,” she said.

However, her legislative scorecard was a point of attack for her opponent, who didn’t let nerves get in the way of her performance.

“Over three sessions, she has gotten seven pieces of legislation passed,” Buford said. “If you go to her website, it doesn’t look all that much different from my website in the sense that it’s very aspirational in terms of what she will do, what she hopes to do.”

What Buford hopes to do has been encapsulated into an acronym that she has used to build her campaign, which she made sure to deliver to the crowd: SERVE. It stands for: “Shortening your commute, erging the commonwealth’s economy, Rebooting our public schools, Vanquishing the opioid epidemic and Ensuring our neighborhoods are safe.”

The questions in the debate focused on transportation, education, economy and the opioid crisis.

Both candidates are focused on increasing funding for transportation infrastructure, both telling the crowd that work on the American Legion Bridge is a priority.

Both candidates are also focused on increasing funding for public schools with Buford dead set on changing commonwealth funding formulas so school districts that have larger populations of students who speak English as a second language receive more funding for ESL programs.

Murphy emphasized the need to increase teacher pay in Fairfax County because salaries are not competitive with neighboring counties, while Buford argued that above average pension benefits level the playing field.

“Of course, we want to be generous, but there is an issue with the pensions that really needs to be resolved,” Buford said.

“When you look at the total compensation for our teachers, it really is relatively the same with the other districts. The difference is that it is deferred into the pensions.”

AS FAR AS THE ECONOMY GOES, the two candidates vastly differ.

“We have quite a maze of regulations, so I would propose that any regulations that we pass from the General Assembly has to pass an economic analysis first,” said Buford, whose campaign platform calls for slashing regulations imposed on the business community, especially smaller businesses.

While Murphy’s view of regulations differs, she was sure to strut her pro-business purview.

“I support and have supported cutting red tape on our local, small businesses.” Murphy said. “I think that it’s got to be easier for small businesses to have access to capital so they can continue to grow. That is one of the reasons that I’ve been endorsed by the Northern Virginia Chamber of Commerce because I work very hard with them to try and be helpful to our business community and to make sure that we’re doing the right things to make it a welcoming economy for businesses.”

The candidates seemed to agree in approach to handling the opioid epidemic.

“We are losing three Virginians a week to the opioid epidemic,” Buford said. “That is unconscionable. And we cannot incarcerate our way out of the problem.”

Murphy agreed.

“We need more funding for mental health programs, we need more treatment programs and I agree totally that drug addictions cannot be cured with prison,” Murphy said.

ROUND TWO

The candidates will debate again on Monday, Oct. 23, at 7:30 p.m. at Longfellow Middle School, which will be hosted by the McLean Citizens Association.

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Ethics Day Held at Madison

While students in grades 9-11 took the PSAT, members of the class of 2018 participated in Ethics Day 2017, held at the Vienna Community Center. The intent of the day was to help demonstrate the necessity of creating a value system based on actions, reactions and our sources of influence. Tim Buckley, director of Student Services, explained “the modules were designed to help students explore their own thoughts and values around the topics of ethics.”

Students rotated through four modules during the day in which they were asked to make an ethical decision based on a scenario presented to them. One such scenario was a courtroom dilemma in which Judge Gayle Carr presided over a mock trial, flanked by the prosecuting attorney Nathaniel Baldwin, who is a Madison graduate, and the defense attorney Bob Wagoner. The students in the room were asked to take on the role of a jury and decide the fate of the defendant. Both attorneys argued their side of the case, and called on witnesses (role played by community members.). Lt. Thomas Taylor, a member of the Vienna Police Department, also participated in the mock trial, as the officer on the scene of the vehicular accident that was discussed at the trial.

As the day began, students were paired with a Table Leader who facilitated the discussions the student groups had at each module. Table leaders, room facilitators and moderators were adult volunteers from the community, including Madison Alumni, former Madison faculty members, employees from Navy Federal and members of the Rotary Club.

The event was sponsored by The Town of Vienna, Madison’s PTSA, Dominion Energy, the Vienna Optimists and the Rotary Club.

Connolly Meets with International Climate Change Activist Who’s Biking Across the Globe

U.S. Rep. Gerry Connolly (D-11), co-chair of the House Green Dogs, met on Capitol Hill with Abhishek Kumar Sharma, an international environmental advocate who is biking around the world to raise awareness about the need to address climate change and climate justice issues.

Sharma has embarked on an around-the-world bicycle tour spanning six continents and more than 60,000 miles. To date, he has traveled 25,000 miles. His journey will end in November 2020.

“Climate change is not something we can simply wish away,” said Connolly. “It affects every community and we need American leadership to meet this global challenge.

“As co-chair of the House Green Dogs, we continue to push Congress to take the lead and make investments in a cleaner 21st century economy,” added Connolly. “But we also need support from grassroots leaders. It was an honor to meet with Abhishek Kumar and hear his story as he helps to race international awareness on climate change and social justice issues.”

The House Green Dogs are the largest environmental caucus in the House of Representatives, with more than 55 members of Congress. The organization was co-founded by Connolly in January 2009.

Vienna’s Halloween Parade Celebrates ‘The Great Outdoors’

The Town of Vienna, in partnership with the Vienna Business Association, will host its 71st annual Halloween Parade at 7 p.m. Wednesday, Oct. 25, along Maple Avenue. This year’s theme is “The Great Outdoors.”

A portion of Maple Avenue and many surrounding streets will be shut down for the duration of the parade. Hundreds of organizations and floats will travel west along Maple from Beulah Road to Center Street while thousands of attendees, many donning their Halloween costumes, cheer them on.

This year’s parade grand marshal is Joanie Dempsey, a volunteer for more than 25 years with the Vienna Volunteer Fire Department and Auxiliary.

Costumed children who wish to walk in the parade should meet at 6:30 p.m. in the parking lot at United Bank, 374 Maple Ave. E. Children must be accompanied by an adult.

Town Council will recognize this year’s winning floats, judged in seven categories, at a regular meeting in November.

For more information, call the parks and recreation offices at 703-255-6360.

Prescription Drug Take Back Scheduled for Oct. 28

On Oct. 28, 2017, between the hours of 10 a.m. and 2 p.m. the Vienna Police Department will have a collection site for old, expired, unused, or unwanted medications. Prescription medications, controlled or non-controlled substances, and over the counter drugs may be turned in anonymously at the collection point inside the Vienna Police Department located at 215 Center St., S.

Participants may dispose of medication in its original container or by removing it and disposing of it directly into the collection box. If using an original container, the individual should consider removing any identifying information from the prescription label. Liquid products should remain sealed in their original container to prevent leakage. Intravenous solutions, injectables, and syringes will not be accepted due to associated hazards. Commercial businesses, pharmacies or other medical facilities may not use this as a means to discard expired medications or medical waste.
Vienna Baha’is Celebrate 200th Anniversary of Founder’s Birth

Baha’is of Vienna will mark the 200th anniversary of the birth of Baha’u’llah, the founder of the Baha’i Faith, with the launch of the Light of Unity Festival, a series of events geared toward attracting people from throughout the Vienna area to activities focused on strengthening fellowship among people of all backgrounds through service, celebration and learning.

Current plans include a free concert on the Town Green, at 1 p.m., Oct. 22. Also, the Baha’i community, working with Vienna Parks staff, is planning the contribution of a meditation garden near the Vienna Community Center. It will include benches, trees and other plants.

Baha’u’llah (1817-1892), founder of the Baha’i Faith, was a spiritual teacher whose messages proclaimed the unity of humankind, the equality of women and men, the need to eliminate all forms of prejudice and end economic disparity with spiritual solutions. His teachings have taken root around the world, transforming outdated social structures and unifying and strengthening communities. Baha’i-inspired efforts have made long-term and sustainable change, which are global in scope and unique in the diversity of participants.

The Light of Unity Festival will highlight the transformation Baha’u’llah’s teachings have had on individuals, families, neighborhoods and communities. Baha’i principles offer an antidote to the corrosive effects of racism, gender disparity and materialism. “Now more than ever we need positive, inclusive ways to spur the kind of social change that draws people together, rather than divide them,” said Carol Scruggs, secretary of the Spiritual Assembly of Vienna. “This is what we will be celebrating with the anniversary of Baha’u’llah’s birth in October, and beyond.”

Light of Unity Festival activities are developed at the grassroots level all around the country. They reinforce the principle of the oneness of humanity and empower participants to contribute. Activities will include drama, music, art, storytelling, service projects, prayer and devotional programs, all with the purpose of applying the principle of the oneness of humanity to contemporary challenges, including environmental justice, race relations, recognition of indigenous peoples and minorities, human rights, and the harmony of science and religion. To learn more and get involved, go to www.bahai.us.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 13-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is $20; scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

Visit These Houses of Worship

Faith Notes

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for young adults follows the 10:30 a.m. worship services and for children at 9:30 a.m. Youth Group for grades 7-12 meets Sundays at 5 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

10th Annual South Run Art and Craft Show
SATURDAY, NOV 4: 9 AM – 4 PM
SUNDAY, NOV 5: 10 AM – 4 PM
South Run RECenter
7550 Reservation Drive
Springfield, VA

Free Parking
$4 Admission

Event Date: October 22, 2017
Event Time: 11:30AM-2:30PM
Event Location: 8557 Doveton Circle Vienna, VA 22182

*Snacks and refreshments will be provided

See You There!

*Photo Credits: Greg Hadley with Hadley Photography
Shades of the Old South

By Kenneth R. “Ken” Plum
State Delegate (D-36)

J ust when you think things are changing you can be shocked to realize just how much they stay the same. Politics in Virginia are a prime example. For more than a century after the Civil War the consistent factor in politics was race baiting. The then-called Democrats in the South, who later became known as Dixicrats and today are the conservative wing of the Republican Party, were successful with a variety of laws that disenfranchised African Americans. Even with the few African Americans who could get through the labyrinth of laws that included blank sheet registration forms, literacy tests and poll taxes the scare tactic employed by too many candidates was to suggest that their opponent was a lover of black people — but using a derogatory term. That fear of black people has its roots back to the centuries where black people were enslaved and brutal enforcement and fear were used to keep them that way.

The Civil War did not resolve the feeling between blacks and whites, and slave codes were replaced with Jim Crow laws that whites could use to assert supremacy over black people.

It is always important to vote, but it is more important than ever this year.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, grammar, good fact and factual errors. Send to:

Letters to the Editor, The Connection 1606 King Street, Alexandria, Virginia 22314 Call 703-917-6444 editors@connectionnewspapers.com
News

Historic Vienna to Host English Tea, Santa Claus

Historic Vienna, Inc. has announced the Freeman Store Used Book Cellar’s first birthday. All are invited to browse the Used Book Cellar, 131 Church St., NE, Vienna, Wednesday through Sunday, 1-4 p.m. Used book donations are always welcome and may be dropped off on the store porch or carried indoors. Textbooks, encyclopedias, magazines and romance novels are not accepted. November special — 20 percent off all cookbooks.

Learn about English holiday traditions while enjoying a traditional English holiday tea at 3 p.m., Friday, Dec. 1 and Saturday, Dec. 2, at the Freeman Store and Museum. The tea is $35 per person and includes scones, sausage rolls, sandwiches, and assorted sweets. After a short presentation there will be time to relax and visit with friends in the Freeman Store’s parlor and dining room. Space is very limited; make reservations by calling 703-938-5187.

Santa Claus is coming to the Freeman Store and Museum from 12-2 p.m., Sunday, Dec. 3 and 10. Seated in his special chair next to Historic Vienna’s decorated Christmas tree, courtesy of the Optimist and Ayr Hill Garden Clubs, Santa will meet and listen to the wishes of his young visitors. Parents and grandparents are encouraged to bring their cameras. The event is free. Visit historicviennainc.org.

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Saturday October 21 to Sunday October 22 10AM TO 5PM

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar. The deadline is noon on Friday.

WEDNESDAY/OCT. 18
Dining with Dorothy. 12:30 p.m at Legal Seafoods, Tysons Galleria, 2001 International Drive, McLean. This souling/dining event is hosted by the Shepherd’s Center of Oakton-Vienna. Email dflood1706@gmail.com.

Tree Talks. 7-9:30 p.m at Churchill Road Elementary School Cafeteria, 7100 Churchill Road, McLean. Topic: “Trees in McLean’s Changing Landscape—Planting and Protecting.” Visit www.mcleanartcenter.org.

FRIDAY/OCT. 20
Lunch and Learn. noon at The Providence Community Center, 3001 Vaden Drive. RSVP lecture on the value of volunteering. Email Carly Hulbicki at chulbicki@volunteerfairfax.org.

Drumming and Drum Circle Workshop. 3:30-10 p.m at The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Teens can get in the Halloween spirit and spend a Friday night with the Old Firehouse. Only the brave-hearted are invited on this journey. The night will start with a group dinner $60/$50 MCC district residents. Visit www.mcleancamps.com.

An Evening Service of Song, Scripture and Prayer. Holy Comorner will welcome two visiting choirs from Delaware: Immanuel Church on the Green, Newcastle, and St. Peter’s Episcopal Church, Lewes. Under the direction of Choirmasters T. J. Thomas and Jack Warren Burnum, the combined choirs will present an evening service of song, scripture, and prayer. This liturgy will be followed by a festive reception.

OCT. 20-22

Great Falls Studios Tour. 10 a.m.-5 p.m. at various venues in Great Falls. A self-guided driving tour of local artists in their personal studios. This three-day event is family-friendly and free, and offers the opportunity to see art being made in the community. Artists will be available 10 a.m.-5 p.m. Friday, Saturday and Sunday, rain or shine. Visit www.greatfallsstudios.com.

SATURDAY/OCT. 21
Damselwings Art Show. 9-6 p.m at the Home of Martha Brencicheder, 2203 Albemarle Drive, Vienna. Exhibit and sale of Martha Brencicheder’s floral metal prints and notecards. Portion of sales will be followed by a festive scripture, and prayer. This liturgy will be followed by a festive reception. 

OCT. 27-28

The Recital on Stage. 7-30 at 1st Stage Theatre, 3240 Spring Hill Road, McLean. Premiere of The Recital with live piano performed by MusicLink. Saturday’s ticket includes access to the Post-Performance. $30-50. Call 703-854-1856.

SUNDAY/OCT. 22
Capitol Steps Comedy Troupe. 3 p.m at Oakton High School, 2000 Sutton Road. A singing, dancing, satirical show that focuses on politics, proceeds go to the Shepherd’s Center of Oakton-Vienna. $35. Visit www.ncw.org/fundraiser-tickets or call 703-281-0538.

Bonis Ensemble. 4 p.m at Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Playing Mozart, Mahler and Bonis. Visit www.amadeusconcerts.com.


WEDNESDAY/OCT. 25
71st Annual Halloween Parade. 7 p.m on Maple Avenue, Vienna. Join friends and neighbors, ghouls and goblins for one of Vienna’s traditions; the 71st annual Halloween Parade, hosted by the Vienna Business Association. Pre-registration is required for businesses and organizations who wish to march in the parade. No registration needed for children who want to wear costumes and walk in the parade; children must be accompanied by their mummy or another adult. Visit bit.ly/2hufl60.

Music


SUNDAY/OCT. 29
Pumpkin Carving Lessons. 10 a.m.-4 p.m at Wildfire, Tysons Galleria, 3rd Floor, McLean. Executive Chef Edwin Amaya shares his best-kept secrets for carving pumpkins and Emma Choi, student representative to Real Food for Kids, will be the special guest followed by a costume contest. $20.00 per child and a portion of the proceeds will be donated to “Real Food for Kids.” Call 703-442-9110.

SPookkappella Halloween Jam. 7 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. Cover band rocking R&B, Hip-Hop, Funk, and soul hits of the last five decades. RSVP and advance, $15 at the door. Visit www.jamminjavacoma.

FRIDAY/OCT. 30

SUN DEC. 1
Textures Exhibit. Various times at the Vienna Arts Center, 115 Pleasant St., NW. Call 703-319-3971 or visit www.ViennaArtsSociety.org.

WEDNESDAY/OCT. 8
Astrology Lecture. 7:30-9 p.m at Turner Farm, 925 Springvale Road, Great Falls. Topics may include planets, open clusters, double stars, stellar color spectrum, globular clusters and galaxies. After class, view the objects that were discussed through the observatory’s telescopes, if weather allows. Visit www.hotelvienna.com/parks/turmerfarm/.

SATURDAY/OCT. 11
Fall Bazaar. 10 a.m.-4 p.m at Vienna Volunteer Fire Department Auxiliary, 5401 Corporate Center St., South. The Vienna Volunteer Fire Department Auxiliary is sponsoring this event with crafts, bake sale, holiday items. Email dancers1823@aol.com or call 703-309-3468.
October 31 3pm to 6pm
Rain or shine
Advanced online tickets required
event.www.roerszoofari.com
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TRICK OR TREAT AT ROESZOOFARI

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Rain or shine
Advanced online tickets required
event.www.roerszoofari.com
30 Acres of Animal Adventure for All Ages
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www.roerszoofari.com

Free Parking
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Sports

Oakton Falls to Westfield, 34-14

Oakton Quarterback Paul Campos Jr. #10 looks downfield for a receiver. Oakton fell to Westfield 34-14 at Oct. 13 game.

Photos by
Will Palenscar

Oakton’s Marcus Cruz #5 and Ryan Harris #7 attempt to block the extra point of Westfield’s kicker.

Oakton Quarterback Paul Campo Jr. hands the ball to Jared Cole #3.
改正亡者、Lefty Loosey"

By KENNETH H. LOUIE

So I've been told menonologically for years. But when you're home and automotive-repair chal-

lenges do present themselves, especially when

mastery of the mnemonic device is easier than

having been down this road many times before, I

So not wanting to make a bad situation worse,

Having been down this road many times before, I

For everything is much easier said than

So I've been told mnemonically for years. But

do, especially when the mnemonic device is eas-

When you're home and automobile-repair chal-

So I've been told mnemonically for years. But

So I've been told mnemonically for years. But

As for the home and car repair

Not that this inability is at all defensible. It's not.

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Understanding the math problem, the parent with a math assignment and not un-
day tasks. "For example, while helping a succeed and fail," she said.
portive environment that allows children to
children, and providing a loving and sup-
emotionally available, engaging with their
College. "Parents foster self-esteem in many
development of their child's self-esteem, ad-
and enjoy accomplishments."
Parents play an essential part in the de-
velopment of their child's self-esteem, ad-
vises Cheryl Giacomelli, who teaches psy-
chology at Northern Virginia Community
is low, it may, for example, affect work
performance or one's ability to recognize and enjoy accomplishments."
This means playing a game or reading a
book and ensuring your cell phone is no-
control his effort, whereas outcome isn't
parents can reinforce, because a child can
self-esteem is one of the best things
Parents can also communicate
warmth through their tone of voice, and eye
Parents … can do so verbally, by tell-
ing their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate
worthiness to describe situations according to the
Parents can model this behavior in every-
day tasks. "For example, while helping a child with a math assignment and not un-
derstanding the math problem, the parent
who says 'I can't believe I don't understand this, I was always terrible at math' is send-
ing a different message than the parent who
says, 'I'm not sure about this one. Let's ask
your teacher to explain it to us in a differ-
ent way,'" said Isenberg. "Parents can ben-
fit themselves and their children by learn-
ing to describe situations according to the
specific circumstances and resisting putting
a generalized label on the situation or their
behavior."
Since children learn by observation, mod-
eling healthy relationships and habits is a
vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose
an activity once a day in which you are fully
engaged with your child," she said. "This
may sound like common sense, however in
today's busy world, it's sometimes difficult
to devote all of your attention to one task.
This means playing a game or reading a
book and ensuring your cell phone is no-
where in sight."
"Experiences that may negatively impact
development of a strong sense of self
when we do not fully engage with
our children, when we do not allow our
children to fail, and when we do not ac-
knowledge our own faults," continued
Giacomelli
Avoid harsh criticisms and display expres-
sions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of
psychology at Montgomery College-
Germantown. "Children's self-esteem develops based on
how well their parents love them," she said.
"The best thing parents can do is to openly
and unconditionally love and accept their
child. Parents … can do so verbally, by tell-
ing their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate
worth through their tone of voice, and eye
contact."
PRAISING CHILDREN is important, but
it must be sincere. Even setbacks can offer
opportunities for developing a healthy self-
estem, suggests Isenberg. "Children feel
good about themselves when they have re-
ceived genuine, positive reinforcement from
people and situations," she said. "Praising
a child's efforts is one of the best things
parents can reinforce, because a child can
control his effort, whereas outcome isn't
always within one's control."
One example that Isenberg offers is say-
ing something like, "I'm so proud of how
hard you studied for that science test. You
spent a lot of time reviewing the material
and were really dedicated to being pre-
pared."
Allowing children to learn to do things
on their own and even experience a setback
within a supportive environment may in-
crease feelings of confidence and compe-
tence, says Jerome Short, Ph.D., associate
professor of psychology at George Mason
University. "Parents may do too much for children or protect them from failure so that chil-
dren do not learn to cope with difficult situ-
ations and soothe themselves," he said. "Children should believe that they have
worth for being a unique person."
Fostering opportunities for positive social
interaction with their peers can lead to a
healthy self-esteem, says Short. "Children
who have close friendships and reciprocal
sharing with friends tend to have higher
self-esteem," he said. "Children's successful
accomplishment of goals also boosts self-
estem.
Establishing boundaries and setting lim-
its with children can instill a sense of safety
and security, advises Short. "Authoritative
parenting that is high in support and high
in structure and expectations contributes to
children's positive sense of self," he said.