

“Families First” E-Newsletter

February 2010

Spring Weekends

Middle School
(6-8 grade)
Feb. 19th-21st

Kids Camp
(ages 8-11)
March 5th-7th

Teen Journey
(high schoolers)
April 9th-11th

College-Age
(ages 19-24)
May 21st-23rd

The “Camp Weloki Experience” is about:

- Learning important life skills, leadership & communication skills
- Personal growth ,awareness & emotional intelligence
- Strengthening relationships with parents, siblings, friends & peers
- Empowering kids & teens to take responsibility and initiative

A sample of issues we talk about regularly at camps:

Stress
 Sibling Rivalry
 Friendships
 Body Image
 Divorce
 Emotions
 Peer Pressure
 Anxiety
 Loss
 Peaceful Conflict Resolution
 Transitions
 Teenager issues
 Self-motivation



Picture: Camp Weloki Summer Camp

Respectful Communication
 Responsibility
 Leadership
 Service

Summer Camp

Session I:

June 27th – July 4th
Middle School & Teen

Session II:

July 11th - July 18th
Kids Camp & Teen

Session III:

August 1st– August 8th
Middle School & Teen

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A Camper's School Essay on Camp Weloki

Last summer I went to a camp called Camp Weloki. After being at the camp for a week I learned three lessons that have influenced my life. The three lessons I learned were to be true to yourself, do not be mean to others, and live life to its fullest.

At my age, it is very hard to for kids to know how to be true and act like themselves. This is because kids want to be popular and accepted. There is a lot of peer pressure to fit in. I learned that by trying to fit in I am not being true to myself. I learned not to let people put you in the same mold but make your own. Show your own creativity by dressing the way you are comfortable, play the sports you want to, and follow your own interests. It is important to be true to yourself because it makes you a stronger person and realize who you are.

I also learned to not be mean to others but treat others how you would want to be treated. When you are mean, you hurt other people's feelings, and being mean can cause trouble for yourself. By being mean you only hurt yourself and you lose friends. When you are kind you make people feel good about themselves and you make friends instead of losing them. You should include others in activities and accept people for who they are and not by their looks.

When you practice these three things, your life becomes more enjoyable and you get a better understanding of who you are. The camp counselors taught me a lot and love the kids! I know that because camp Weloki stands for "We Love Kids!" This was the best experiences ever and I would recommend it to other kids.

Morgan Howard, Age 11

*A laugh is a
smile that
bursts.*

Mary H. Waldrip

A FAMILY FORUM

WITH

Tim Jordan, M.D. & Anne Jordan, RN

DEVELOPMENTAL AND BEHAVIORAL PEDIATRICIAN

Raising Responsible & Motivated Children



**WHEN: Friday, FEBRUARY 5TH, 2010
7:00- 8:30 P.M.**

WHERE: LONE WOLF COFFEE COMPANY

On Clayton Road between Baxter and Clarkson
15480 Clayton Road, Suite 220
Ballwin, Missouri 63011

FREE Event

**Q & A Session
will follow**

Top Ten Things to Do With Your 'Tweens

by Tim Jordan, M.D.

1. **Ask your 'tween what *they'd* like to do:** they should have more and more control as each year goes by as to the what, when and where concerning your one-on-one time together.

2. **Time in nature:** There is something grounding about time in nature. Things slow down and people are less distracted. It can look like walks, fishing, cycling, camping, gardening.

3. **Service work:** Pick a charity or project together and go be of service. Make sure it's something that feels fun and meaningful to your 'tween, and that it is a volunteer effort.

4. **Listen to their music:** Instead of judging their new music interests, be curious. You can learn a lot about a kid by what music they are drawn to and why.

5. **Take a class together:** Follow one of their interests with them. It could look like a class in photography, learning an instrument, auto repair, dancing, exercise, yoga.... you name it.

6. **Look through old photo albums of their relatives.** Kids love to hear stories about their descendants, especially if the stories can relate to how they are like people from their past as far as temperament or character. Knowing where you came from is grounding; it gives kids roots.

7. **Be a fly-on-the-wall:** I learned so much about my kids at the 'tween ages just by listening and observing when they were with their friends. Driving a car load of kids to a basketball game was always entertaining and enlightening. They would talk about everything, as if I wasn't there, as long as I kept my mouth shut and just listened.

8. **Adventures:** Get out of your comfort zones and do some different, spontaneous things together. Explore new restaurants, museums, used book stores, national forests, concerts or wherever your hearts lead you. Expand your experience and tastes together.

9.. **Meals:** Sounds corny and cliché, but having uninterrupted meals together is extremely valuable. Turn off all electronics, plan and shop and cook together, create a fun atmosphere, and talk about things other than school work and chores. Ask questions about their lives, thoughts and friends, and just listen.

10. **Tell them stories about your past:** especially stories about when you were ***their*** age. 'Tweens don't always believe us when we say we "understand what they're feeling and going through" unless we back up the words with real examples of our mistakes, experiences, insecurities and challenges from back in our 'tween years. Your 'tween will understand that you really do get it and them. And that will feel great to them!



Picture: Camp Weloki Fall Weekend

Our kids are so busy these days from school activities to homework to chores, finding down time for them may be nearly impossible. Dr. Tim Jordan says that quiet time is just as important as the other things they do. Dr. Jordan explained more about when you should start quiet time and how long they it should last.

[Click Here](#) to view the video clip

[Click Here](#) to view other video clips by Dr. Tim Jordan



Camp Weloki Pictures

[Click Here](#) to see more!



Girls in the Know is a non-profit organization designed to educate and empower mothers and their pre-teen daughters together. Led by a group of women professionals, this month long speaker series meets weekly at various schools and discusses the following topics: positive self esteem, friendships, body image, nutrition, exercise, safety, and sex education. The mission of Girls in the Know is to strengthen the mother-daughter bond while promoting positive self-esteem which will increase the likelihood of healthy behaviors and decisions as pre-teen girls mature into adulthood. If you would like to attend one of our upcoming speaker series or you would like more information about this wonderful mother/daughter program log on to the Girls in the Know website at www.GirlsintheKnow.org or call us at 314-473-5685.

Mark Your Calendars!!! Girls in the Know is hosting the First Annual "Passport to Power" Mother/ Daughter Event which will be held Sunday, April 11, 2010 from 1-4pm at the Crowne Plaza Hotel in Clayton. This fabulous event is available to all females, ages 5 years old and up. The afternoon will offer empowering and dynamic speakers relating to girls and women, fabulous food, a variety of mother and daughter activities, and a silent auction with the ultimate goal of enriching the lives of all who attend. To register for the event log onto www.GirlsintheKnow.org and go to "Registration". Come and enjoy this unique and fun-filled afternoon with your daughter



Cell Phone: Distraction or Danger?

I watched an interesting report on a local news station's web site recently. The story, on Minneapolis-St. Paul's KARE 11 news, followed an informal experiment at a Boys and Girls Club. The researchers - a supervisor at the youth center and the reporter who filed the report - attempted the impossible: convincing five teens to give up their cell phones, texting, e-mail, instant messaging, and social networking sites...for a whole week.

Here's what some of the kids had to say in the midst of their media-less week:

"I get to interact in a way I haven't interacted in a while."

"I feel like a just got a chunk ripped out of me."

"I kind of miss the feeling in my pocket."

"I almost missed my bus."

"I've done a lot more, finished a lot more games with the kids than when I had my phone because I wasn't always texting."

"I'm keeping myself busy so I don't think about it."

At the end of the week, the teens all agree that the experience has been valuable. One boy joins a soccer team to stay busy. Another starts drawing again. But when the phones are given back, the look pretty relieved and all begin distractedly texting and checking their voicemail.

In my experience, that's young people's relationship with media technology in a nutshell: they know how distracting it can be, but if they have access to it, they can't help themselves.

And it's not just kids. California recently joined seven other states banning texting while driving, just days after a fatal train accident that may have involved an engineer who was texting while driving the train. The UK's Transport Research Laboratory found that driving while using a cell phone is more dangerous than driving under the influence of alcohol. As adults, we know it's unwise to text in the car, but it seems that too many of us just can't help it.

Perhaps the dangers posed by cell phones are greater for kids though. Research presented at the Annual Meeting of the Associated Professional Sleep Societies found that "teenagers who excessively use their cell phone are more prone to disrupted sleep, restlessness, stress, and fatigue." Studies from the Pew Research found that texting seems to have an adverse effect on kids' writing skills and that most kids prefer texting to face-to-face communication. Swiss researcher Hans Geser has found that pre-teen mobile phone use seems to have a big impact on behaviors and attitudes, so much so that these children "consider it as an essential part of their style of life."

Our kids will need many communication skills for success in the 21st century, both in school, on the job, and in life. Cell phones are wonderful tools, but kids also need verbal communication skills wired into their brains. It's our job as adults to make sure that our kids have the range of experiences that will wire their brains for success in the 21st century, so they can have success, not just for a week, but for a lifetime.

David Walsh, Ph.D. is the founder of the MediaWise Movement, a program of the National Institute on Media and the Family (www.mediawise.org). His latest book, *No: Why Kids - of All Ages - Need to Hear It and Ways Parents Can Say It* (Free Press) is available in bookstores.



Picture : Camp Weloki's Fall Weekend

Thank you for subscribing to the Weloki Newsletter. You will continue to get our E-Newsletter when we publish it approximately every 3 months. If you know other parents or families that would have interest in this newsletter, please tell them about our website at www.weloki.com and they can easily sign up for our free E-Newsletter on our site. We love your help in spreading the word! If you would like to reach us at our office, feel free to call us at 636-530-1883.