

# Acorn

News in a nutshell **JANUARY 2017**

KINDNESS

SELF-DISCIPLINE



RESPECT

HONESTY

COURAGE



## Raising young gentlemen...

Our long-term mentorship programme encourages our young acorns to embrace 5 core values -- these positive traits lead to gentleman-like behavior and (bonus!) a giant confidence boost in your boy. Our MENTors live these values and reinforce them through action!

### FIVE top tips and techniques for raising young gentlemen:

#### 1. Encourage empathy

Compassion is an essential trait for building self-respect and respect for others. Work on perspective-taking. First, ask your son how he feels, then ask him what he thinks the other person is feeling. Coach him through understanding how his (good/bad) actions have impacted others.

#### 2. Be all ears

Listening to peers is essential to making and keeping friends - at all ages and stages of life. For the past 10 years there's been a culture of celebrating yourself. Learning that it's not all about you is a vital lesson. Listening to *understand* is different than listening to *respond*.

#### 3. Make eye contact and smile!

Coach your son to walk into a room, smile and connect with others using his eyes. Explain the value of smiling,

smiling makes everything easier; and boosts positive moods. Eye contact expresses sincerity whilst helping to build self-confidence.

#### 4. Multi-touch messages

Boys often respond less to words alone than girls - *Moms we know this is not news to you!* When teaching gentleman-like behaviors, communicate with three senses (sight, touch, sound) to get your message across. Hold eye contact, touch his hand or shoulder and speak clearly.

#### 5. Act now

The memory center in boys develops later than girls. When you ask your son to move his toys out of the living room, for example, have him do it right away so the memory of the request matches the action.

**Once your son gets into the routine of being a young gentleman, he will experience the benefits of being a boy of character.**

### WELCOME...

to our new look newsletter - news in a nutshell!

Each month we will send you a calendar of our planned monthly activities as well as regular updates on our fundraising campaigns and events. We look forward to sharing the opportunities and challenges ahead.

What's on?

### 15 JANUARY

TCC welcomes in 2017, and all the opportunities and challenges it will bring. **We're back!**

### 21 JANUARY

Annual Mom's meeting - Hosted at the Cabanga Conference Centre. *Invites going out shortly...*

### 20 - 22 JANUARY

MENTors orientation workshop - hosted at the Cabanga Conference Centre. *More info shortly...*

### To be announced...

Cape Town branch will be launched this quarter, we will introduce our Cape MENTors and support team.