



Kids R Kids
Learning Academy



Happy Mother's Day!

We think moms should get a whole month! Y'all are incredible! Is there anything you don't do? Laundry, dinner, love, nurture, teach, work! Moms ROCK! Thanks for being so fabulous and for sharing your little angels with us. We're honored you've chosen us as a part of your support team!

We hope you get a few moments to yourself this month and many special moments with your kiddos. Have an amazing May!

In this issue we are focused on mothers and their unique relationships with their children. Enjoy these intriguing articles and don't forget to glance at the calendar to see what we've got going on this month. As we near the end of school year things always get hectic so be sure to update your planners.



5 Reasons The Mother-Son Relationship Is So Important

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By Kate Stone Lombardi

For generations, mothers have gotten the same old message when it comes to raising sons: beware of keeping him "too close." A mom who nurtures a deep emotional bond with her boy will prevent him from growing up to be a strong, independent man. By refusing to cut those apron strings, she is on track to create a wimpy, dependent, maladjusted "mama's boy." There's just one problem with this theory: it's not true.

In fact, pushing boys to separate prematurely from their mothers and encouraging them to "man up" can be damaging to boys. What's more, there are enormous benefits to a close mother-son bond, starting from the earliest days and continuing into a man's adult years.

1) Baby boys who do not have secure attachments with their mothers go on to have behavioral problems later in life. Studies reveal that boys who do not bond securely with their mothers in the infant years act much more hostile, destructive and aggressive later in life. A close bond with their moms when boys were young helped prevent delinquency when they were older.

2) Boys who are close to their mothers perform better in school. Mothers often nurture emotional intelligence in their sons, teaching them to recognize and express their own feelings and to be more attuned to the feelings of others. These boys not only become more articulate—which helps them with reading and writing skills, but also have better self-control in the classroom.

3) A close mother-son relationship is good for a boy's mental health. A study presented at the American Psychological Association showed that boys who are close to their mothers tend not to buy into hyper-masculine stereotypes. They don't believe, for instance, that you have to always act tough, go it alone or fight to prove your manhood every time you are challenged. These boys remained more emotionally open. Not only did they have better friendships, but also less anxiety and depression than their more macho peers.

4) Teenage boys who are close to their moms engage in less risky behavior. It has long been known that good parent-teen communication can help lessen the influence of negative peer pressure. But new research shows that it is a boy's mother who is the most influential when it comes to her son's decision making about alcohol, drugs and sex. Some researchers speculate that the nature of mother-son communication accounts for the difference: mothers usually don't have one big "drug talk" or "sex talk" but instead tend to weave the topic into other conversations or family activities.

5) Moms who keep their sons close are setting them up for success later in life, both in personal relationships and at work. Because mothers work to teach their sons emotional intelligence (starting from when the days they urge their screaming toddler to "use your words" to when they won't accept their teenage son's grunts as a reasonable response) their sons grow up with the communication skills that they need to navigate adulthood.

Few women still admire "the strong silent type," let alone a man who expresses his anger by punching a wall. Men who can both listen and articulate their emotions are far more attractive. And of course, sons who grow up respecting and loving their mothers tend to respect and love other women. These same skills will also help them in the work place. In today's economy, brute physical strength and a dominating style is no longer a ticket for success. Rather, men need the ability to work in teams and to have the very communication skills and social intelligence that their mothers have been teaching them all along.

Kate Stone Lombardi is the author of THE MAMA'S BOY MYTH: Why Keeping Our Sons Close Makes Them Stronger. (Avery/Penguin Group USA). A journalist, Ms. Lombardi is the mother of two adult children, a son and a daughter. She lives in New York with her husband, Michael.

Jokes A Mom Will Love

Q. Why is a computer so smart?

A. *It listens to it's mother-board.*

Q. Why did the mother knit her son three socks?

A. *Because he grew another foot.*

Q. Why do mother kangaroos hate rainy days?

A. *Because there kids have to play inside.*

Q. What did the mother rope say to her child?

A. *Don't be knotty.*

By Susan Campbell

Holly Williamson left home on angry terms when she was 19, moving from Milwaukee to Madison in the dead of night to attend college and live with her future husband. This act of rebellion, followed by years of a distant family relationship, was her way of shaking loose from a strong, controlling mother and home life, she says. Many years later, however, those tensions have long since melted away and the shackles that so constrained Williamson have grown into a profound mother-daughter bond.

The resiliency of this relationship isn't unique, according to a Pennsylvania State University study on the ties between midlife daughters and their elderly mothers. Researcher Karen Fingerman, Ph.D., found that despite conflicts and complicated emotions, the mother-daughter bond is so strong that 80 percent to 90 percent of women at midlife report good relationships with their mothers—though they wish it were better.

"The relationship between mothers and their adult daughters is one in which the participants handle being upset with one another better than in any other relationship" explains Fingerman, an assistant professor of human development and family studies. Women generally are better than men at maintaining relationships involving a high degree of intimacy, she says, and mothers and daughters share an investment in family that enhances their bond late in life.

"There is great value in the mother-daughter tie because the two parties care for one another and share a strong investment in the family as a whole," says Fingerman, author of *Aging Mothers and Their Adult Daughters: A Study In Mixed Emotions*. She bases her findings on questionnaires and interviews with 48 mother-daughter pairs. The average age for mothers in the study was 76; for daughters it was 44. Participants were asked to discuss sources of tension and positive aspects of their relationships, as well as demographic information and family background.

Any daughter who's winced at a mother's criticism won't be surprised to know that mothers continue to mother and daughters still seek mom's approval late in life. Williamson, now over 50, admits, "I still keep secrets from my mother because there are things about me I don't want her to know!"

Williamson describes an evolution in her relationship with her mother. "There's a critical moment when the daughter suddenly realizes that the mother is another woman," she says. "Before that, a mother is a symbol. She's all-knowing, all-powerful, maybe the enemy and maybe the nurturer—but you don't see her as another woman with similar problems and experiences."

I Love Mom

88 percent of adults say their mother has had a positive influence on them.

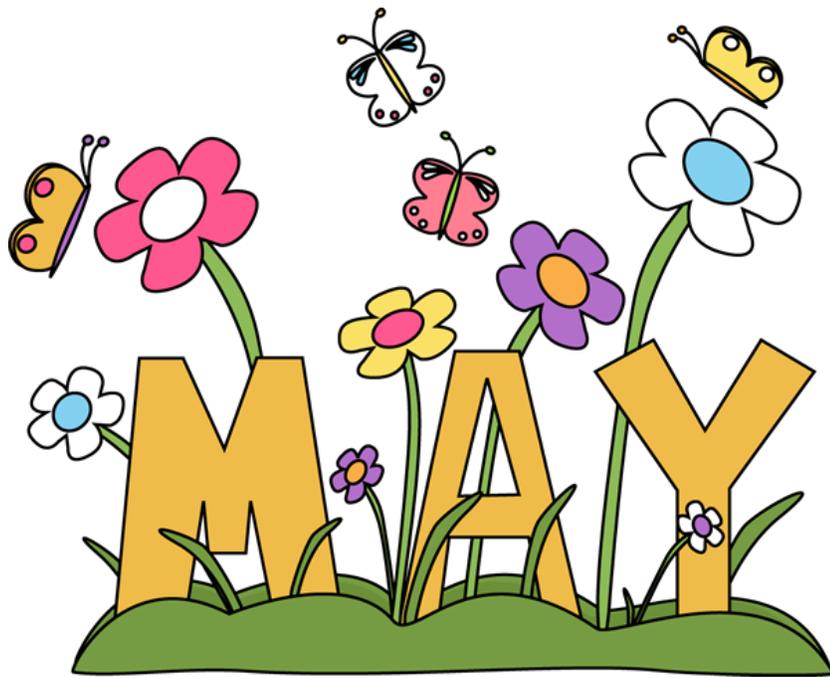
92 percent say their current relationship with their mother is positive.

88 percent of all mothers say their family appreciates them enough.

53 percent of adults say their mother had more influence than their father had.

60 percent of women say their mother was more influential than their father, compared with 45 percent of men.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5  Cinco de Mayo	6
<i>May flowers!</i> 						
7	8	9	10	11	12 <i>Breakfast with Mom</i> 	13
14 <i>Mother's Day</i> 	15	16	17	18	19	20
21	22	23	24	25  End of Year Celebrations	26	27
28	29  CLOSED Memorial Day	30	31			