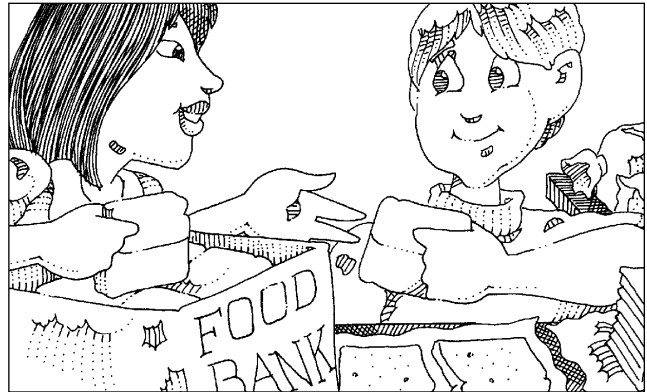


Activities Can Help Build Self-Discipline



One of the best ways parents can help children learn self-discipline is to encourage them to participate in a variety of activities. Here are some good ones:

- **Extracurricular Activities**—Community organizations, clubs and school groups give kids a chance to try new skills and be recognized for a job well done.
- **Hobbies**—Supply a few items to get your child started on a hobby. Let him know you admire his dedication and interest in learning new things.
- **Caring for Pets**—Children learn self-discipline as they feed, water and exercise a pet each day. They will learn how to respect and take care of something they love.



- **Money Management**—Learning how to manage money helps build self-discipline. Talk to your child about the family budget. Self-disciplined children do better in school . . . and in life.

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