

Parent  
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## 6 Old-School Parenting Guidelines That Still Apply Today

While it's sometimes downright alarming to reflect on how parenting styles and beliefs have evolved over the years, there are some words of advice that never go out of style. Here are some parenting approaches that your parents, grandparents, and even great grandparents likely implemented in their households. And even if they didn't, these tips still deserve a place in your parenting repertoire.

- **Send kids outside to play:** Years ago, parents may have sent kids outside to play to get them out of their hair or to keep messes inside to a minimum, but it's still good advice today. Not only does outdoor play encourage kids to take risks and explore, but it also builds confidence and keeps them physically active.
- **Allow kids to experience boredom:** As tempting as it is to sign your kids up for a lot of extracurricular activities, it's OK if you don't too. In fact, when kids are bored they learn to be creative and build their problem-solving skills. It also builds their autonomy, which they'll need as adults.
- **Instill good manners:** Teaching kids to say please and thank you doesn't just equip them with appropriate social skills; it also teaches them how to experience empathy and gratitude and to treat others with respect and kindness.
- **Prioritize family meals when you can:** Research consistently shows that having a meal together as a family at least three to four times a week can reduce your child's risk of everything from obesity and substance abuse to eating disorders and depression. It can even lead to better grades and higher self-esteem.
- **Trust your instincts:** No one knows your kids better than you. So if you suspect something is wrong or if you think a different approach to a problem might work, go for it. The same holds true if you think your child is sick. Talk to a health care provider about your concerns.
- **Let kids experience failure:** While it's never easy to see your child struggle, it's actually good for them. It builds their resilience, confidence, and problem-solving skills, especially if you also view failure as an opportunity to learn and not something to be ashamed of.

"Parents naturally want to love and protect their children from sadness, disappointment, and life's challenges," says Dr. Richardson. "However, those things are a part of life and make us the strong, resilient people that we need to be. **Rather than focusing on preparing the road for the child—which we really can't do—focus instead on preparing the child for the road.**"

Read the original article on Parents [8 Parenting Rules We've Outgrown—And 6 Worth Keeping Around](#)

### "Day Without Child Care" 2026 Observed on Monday, May 11

"Day Without Child Care" is a National Day of Action where child care providers, families come together to highlight the critical role of a child care in society and advocate for equitable access, better pay, and improved working conditions for providers. This annual event demonstrates the impact of child care on families, communities, and the economy, showing what happens when child care services are unavailable. Some programs may choose to close while others remain open and participate in advocacy actions highlighting the importance of child care.

**Provider Appreciation Day is celebrated annually on the Friday before Mother's Day to recognize the hard work of child care providers, teachers, and educators of young children.** In Colorado, this day is acknowledged for the essential role child care providers play in the lives of families, especially those with working parents.

To celebrate, you can:

- Share appreciation messages with your child care provider.
- Participate in local events or proclamations to recognize their contributions.
- Use social media to spread awareness about the day and show gratitude for their dedication.

For more information, you can visit the [Colorado Department of Early Childhood's](#) or the [National Association of Family Child Care](#) websites.

Parent Page Edited by Cheryl Chinn

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