

The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase

Follow-Up from November 2nd Open Residents Meeting

Steeplechase Security Questions & Answers There were several questions posed during the security question and answer session that

There were several questions posed during the security question and answer session that required follow-up. Below please find the information requested.

EMERGENCY SITUATIONS: Dial 9-1-1

NON-EMERGENCY SITUATIONS: Dial 713-221-6000 DOGS/LOOSE ANIMALS IN THE NEIGHBORHOOD

According to Harris County Regulations, established in 1968, all dogs and cats must be confined at all times without access to the sidewalks or streets. Harris County Animal Control Officers have been charged with enforcing these regulations.

Visit: countypets.com or http://www.hcphes.org/vph/

Contact CountyPets.com at 281-999-3191

Dangerous Dog Information: http://www.hcphes.org/vph/Laws/webbad.htm

Rules and Regulations: http://www.hcphes.org/vph/Laws/regulation.htm

Field Services: http://www.hcphes.org/vph/Field/field_services.htm

Civic Association Information: http://www.hcphes.org/vph/Edweb_Publications/ CA%20Packet.pdf

CITIZENS POLICE ACADEMY

The Houston Citizens' Police Academy was organized in 1989 and offers citizens the opportunity to learn about the internal operations of the Houston Police Department. Each week, a different discipline or area of the Houston Police Department is presented. Examples include, but are not limited to: Police Dispatch, Crime Prevention, Family Violence Unit, Vice Division, Narcotics Division, Bomb Squad, SWAT Detail, Hostage Negotiations, Shoot-Don't Shoot training exercises, Criminal Prosecutions, Homicide Investigations, Gangs, and Juvenile crimes.

Classes are Thursday evenings from 6pm-9pm for 10 weeks

Spring Session: February - April

Fall Session: September - November

Application: http://www.houstontx.gov/police/vip/images/VipApp80710.pdf Questions: Call Officer Stephanie Watson at 713-308-3230

For more information, visit: http://www.houstontx.gov/police/vip/vip_hcpa.htm

STREET LIGHT OUTAGES

Center Point Energy maintains streetlights throughout our electric service territory in and around Houston. When reporting, you will be asked to provide the following:

Pizza Anyone?

By Brandy Alexander, Steeplechase Resident

After receiving several ads for Pizza Guy in every newspaper sent by the newspaper or mail I finally tried it. Pizza Guy is a local delivery company offering pizzas, sandwiches, pastas and more. My favorite part has to be the different ways to build the pizza. First you pick your crust, then your sauce (with more choices than usual), toppings, and then your cheese (with more choices given as well). We chose to order a thin pepperoni and regular cheese with white cheese Alfredo sauce. We also ordered some of those alluring cheese sticks seen in the advertisement.

When calling the business I had to give my address so they could check and make sure we were in the delivery area and luckily we were. But before we gave our order the woman asked for our credit card information, prior to placing my order. I almost hung up at that time, as I thought maybe something funny was going on. However, I decided to keep going in the interest of trying something new.

The pizza arrived hot and fresh. What I thought were cheese breadsticks were actually sub-sandwich bread with melted cheese on it (nothing like the picture in the ad). The pizza was tasty and the thinnest thin-crust pizza I've seen. The cheese sauced pizza was fantastic.

Do you have a local pizza joint you like to try? Email me and let me know: msbrandysue@yahoo.com!

(Continued on page 3)

IMPORTANT Telephone Numbers



Emergency	
Sheriff's Dept	
Cy-Fair Fire Dept	
Cy-Fair Hospital	
Animal Control	
Center Point (Street lights)	
http://cnp.centerpointenergy.com/outage	
Neighborhood Crime Watch crimewatch	n@steeplechasetx.com
Library	
Post Office	
Steeplechase Community Center	
Deed Restriction Issues (PCMI)	
Water/Sewer	
Architectural Control (PCMI)	
Trash Pick-up (WCA) (Wed. & Sat.)	
Harris Co. Pct. 4 Road Maintenance	
Community Events	
Clubhouse Rentals: Private Parties and Com	munity Events
(Phyllis McFarland)	
Traffic Initiative	
Private Pool Parties	

NEWSLETTER PUBLISHER

Peel, Inc. (Advertising).....kelly@PEELinc.com, 888-687-6444 Articles.....newsletter@steeplechasetx.com

Community Center Contacts

Community Maintenance Concerns

PCMI
Clubhouse Rentals
Private Parties and Community Events
(Phyllis McFarland)
Pool Company Contact
Texas Aquatic Enterprises, Inc
www.texasaquaticenterprises.com
Board Member Contact
PCMI

Schools

Emmott Elementary	
Campbell Middle School	
Cy-Ridge High School	

Want to Help Steeplechase Go Green?

Join our E-Mailing List at www.SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. You email address will not be shared, published, or used for soliciting.

Cobblestone Judy Weed Virginia Kelley Bill Kuschmeider Kathy Dowling oshua Stratmann Greg Fredericks James Clarke

Churchill Nace Peard Michael Cirillo

Green-Brook-Bridge Andy Sherbondy Wade Wnuk Michael Young Maurice Amidei

If you need to contact a director within your subdivision, please contact PCMI at 281-870-0585 and they will forward your request.

Steeplechase Sanctioned Committees

Welcome
Landscape
Clubhouse
Tennis

Steeplechase Information Line: 281-469-CLUB - Option #3



Open Resident Meeting - (Continued from Cover Page)

- A pole number for the non-functioning lights you want to report
- Contact information (in case more information is needed to locate a streetlight)
- An e-mail address (if you want feedback regarding your repair request)
- The number of streetlights you would like to report

For more information, visit: http://www.centerpointenergy.com/ services/electricity/residential/reportastreetlightoutage/

To report using GIS mapping: http://gis.centerpointenergy.com/ streetlight_outage_reporting/

To report if you have the pole number: http://cnp.centerpointenergy. com/outage

Report general power outages to: 713-207-2222

For more helpful information, visit the Steeplechase website at http://steeplechasetx.com/

To receive Steeplechase Security Alert emails, send a request to SteeplechaseSecurity@gmail and add the email address to your address book. Google has a strict policy against spam and you will not receive email alerts if this address is not added to your address book.

Lynn Cirillo-Steeplechase Security Coordinator SteeplechaseSecurity@gmail.com



Holiday Decorations

The ho-ho-holiday season is upon us. Once again, awards will be given for the best decorated homes in each section of Steeplechase. Judging will be conducted on the weekend of December 18, 19 and 20th. Show your pride in the season, your home, and your neighborhood by decorating for the holidays!!



Happy Holidays

The Steeplechase Board of Directors sends our very best wishes to all residents for a safe and happy holiday season

Writers Wanted

Enjoy writing? The Steeplechase Newsletter wants you! We publish monthly and there's a need for profiles of interesting neighbors, nearby restaurants or businesses, and other stories of interest. Maybe you might want to write monthly column on a topic of your choosing (subject to editing, of course). Aspiring writers email newsletter@steeplechasetx.com.



bashanspainting@earthlink.net

We Can't Expect Law Enforcement to Protect Us From Our Own Stupidity

Those words echoed through the Steeplechase Clubhouse on November 2nd at our open residents meeting and those who attended had the benefit of an hour-long open question and answer session with Sgt Morrison and Deputy Lyke. If you were one of those in attendance, I hope you walked away with a stronger sense of community, but also, a better understanding of what we as residents of Steeplechase need to do to protect ourselves along with the importance of strengthening our community spirit and awareness.

As your Steeplechase Security Coordinator, I am tasked with many different focuses, one of which is our subdivision relationship with the deputies assigned to Steeplechase CIA and MUD 168. I have ridden with the deputies and my eyes have been opened to some serious issues that as residents of Steeplechase, we need to address. The dedicated Harris County Sheriff's Department (HCSO) works day-in day-out handling citizen calls, accidents, traffic violations, and alarms – you name it. HSCO is expected to respond swiftly and this means they must rely on the citizens they protect to be proactive. As residents of Steeplechase it is our duty and responsibility to be accountable for a few simple yet important common sense items.

- Outdoor lighting. The front of your home should be lit at night. Front door lights should be turned on from dusk to dawn. Additional exterior lighting operated by motion sensor is highly recommended for your garage and back door.
- House number should be clearly visible on both your home and curb.
- Valuables should be stored when not in use. This includes bicycles, scooters, skateboards etc
- Garage doors should be closed at night.
- Vehicle doors should be locked and valuable items removed.
- Landscaping should be maintained. Overgrown bushes offer excellent hiding spots.
- All entry doors and windows should be locked.
- If you have an alarm system, it should be engaged and a sign or decal present.
- Crime watch and 'No Soliciting' decals should be present in window by front door.
- 'Vacation' forms should be on file with HSCO when you are away.

(Continued on page 5)



Stupidity - (Continued from Page 4)

These are easy items to accomplish and maintain. They serve to deter criminal activity and assist law enforcement. If HSCO is called to your residence or even neighbors, addresses are easily identifiable removing guesswork and saving valuable time. Again, WE CAN'T EXPECT LAW ENFORCEMENT TO PROTECT US FROM OUR OWN STUPIDITY. Securing your home and being smart, safe and informed is important to your own wellbeing as well as your neighbors.

> Attention All Seniors

We meet every Tuesday at 12pm at the clubhouse for fun, games and fellowship. All Seniors welcome – just come by!

Outdoor Water Conservation Tips

Even though we use water every day, it's easy to take it for granted. Just imagine how you would function without clean water. It's everyone's responsibility to conserve and protect water resources. The decisions and actions you make today truly affect our water resources for the future. The following suggestions will help you get in the habit of saving water in the great outdoors:

- Use mulch around landscape plantings. Mulch will help eliminate weeds and hold moisture in the soil.
- Select hardy plants that don't need much water. Native plants that are well adapted to your climate and soils will survive well without supplemental watering. A copy of the Steiner Ranch Approved Plant list is available on the website at www.steinerranchhoa. org.
- Water during the cool part of the day to avoid rapid evaporation.
- When watering is necessary, water slowly and thoroughly. If you notice puddles or runoff, turn water off and wait for water to soak in. Also be sure your sprinkler puts water where you need it—not on driveways or sidewalks.
- Wash cars efficiently. First give the car a quick rinse, and then turn the water off. Wash one section of the car at a time and rinse that section quickly. Turn the water off each time.

Visit www.auduboninternational.org for more conservation tips.

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30+ years.

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<u>STEEPLECHASE</u>

Join the Steeplechase Crime Watch Program

What is a Neighborhood Crime Watch Program? It is a grass roots effort of neighbors coming together to reduce crime in the community. It involves getting to know your neighbors, working together with them to be alert to the potential for crime, and looking out for one another's interests. Neighbors working together through Neighborhood Crime Watch combat crime the most effective way, *before it starts!*

MORE BLOCK CAPTAINS ARE NEEDED.

If you are interested in participating as a Block Captain visit the website, www.steeplechasetx. com for more information and to register, or email **crimewatch@ steeplechasetx.com**.



NOT AVAILABLE ONLINE



www.eccu.net, Phone : 832-604-4848 18540 Northwest Freeway, Houston, Texas 77065



Lone Star College-CyFair "Perspective"

Register Now for Mini-mester and Spring Semester Classes Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Mini-mester classes begin Dec. 14. Spring semester classes begin Jan. 19, 2010. For information, call 281-290-3200 or 832-782-5000 or go online to LoneStar.edu.

Holiday Performances on Stage This holiday in the Main Stage Theatre are "A Taffeta Christmas" set Dec. 3 through Dec. 13 and the free String Orchestra concert "Collage" set Dec. 7. For tickets and information call 281-290-52010r go to LoneStar.edu/boxoffice.

L.I.F.E. Lessons in December The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in December include: learning about the Texas Rangers Dec. 2, tips for permanent weight loss, Dec. 9 and creating a holiday wreath Dec. 16. Programs will resume Jan. 13, 2010. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

Holiday Happening with A.L.L. Celebrate the season with music, food and friends at the Dec. 10 Holiday Happening with LSC-CyFair's Academy for Lifelong Learning (A.L.L.) This event will be held at 4:30 p.m. – 6:30 p.m. at Heritage Lodge at Towne Lake. A.L.L. is designed for adult's age 50 and better. For information, send an e-mail to LSCCFCE@ lonestar.edu or call 281-290-3460.

Become an Industrial Maintenance Technician Interested in fluid power, motor control, automation and more? Industrial technology is in demand across the Gulf Coast with a substantial growth projected. LSC-CyFair offers an associate's degree or certificate program with day and evening courses in hydraulics and pneumatics, troubleshooting, machine installation, mechanical seals, bearings, gear drives, industrial engines, couplings, pumps, compressors, precision tools and laser alignment. Earn up to \$25 an hour after graduation. For information, call 281-290-3281 or 281-290-5942.

STEEPLECHASE STEEPLECHASE ADULT HOLIDAY HAPPY HOUR

Mark your calendars to join us Monday, December 28th, 2009 from 6-9pm for our first annual Steeplechase Holiday Happy Hour at Slick Willie's on Jones Road. The first 25 attendees will receive a free beverage of choice.

This is sure to be a fun event, and more details will be added to the Steeplechase Website at http://steeplechasetx.com/ Keep an eye open for additional information!

Want to Help Steeplechase Go Green?

Join our E-Mailing List at www. SteeplechaseTX.com. Please add webmaster@steeplechasetx.com to your address book to ensure you receive our emails. Your email address will not be shared, published, or used for soliciting.



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Steeplechase Community Association Newsletter - December 2009 7

1960 Family Practice

837 FM 1960 West Ste 105 Houston, Texas 77090 (Right behind Starbucks @ Red Oak) (281) 586-3888

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office hours

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meet our team

Huong T Le, MD Quoc Le, MD Alex Nguyen, MD Blandina Sison, MD Anthony Yee-Young, MD Shital Patel, MD Heidi Nashed, MD Luz Marquez, MD Jennifer Dong, MD Asma Ahmad , MD Vu Anh Phung, MD Annie Hoang, MD Tami Berckenhoff, PA-C Brandi Valenzuela, PA-C providing quality care for the entire family

1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

Ann

evalu tions have bloo shou once

Acc Mos

& Urgent Care Center

mily Practice, Internal Medicine to your healthcare needs.

20320 Northwest Frwy Ste 500 Houston, Texas 77065 (turn right at the Firework Warehouse) Located at 290 and 1960

stront califying dedication service compassion caring dedication service compassion caring dedication service compassion caring dedication compassion caring dedication of 9600 pass' A 960

The physicians of 1960 Family Practice follow the recommendations of the American Cancer Society for a healthy life style.

ual Physical - A physical is the lation of the body and its func-. During a physical you will also your cholesterol, diabetes, and d pressure evaluated. Individuals ld have a physical examination a year. Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year. **Mammograms** - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

epting New Patients t Insurance Accepted **281-586-3888** Appointment press option 1 www.1960fp.net

No appointment Necessary Walk-In Clinic Same Day Appointments

All of Your Dental Needs Under One Roof

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- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partials
- Dental Implants



Recipe of the Month

Ham Roll-Ups

Ingredients

Evan Melamed, DDS

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned hamPicante sauce
- I leance sa

Directions

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.





Pediatric Dentist infants children teens

13611 Skinner Road, Suite 135 Cypress, Texas 77429 (Skinner at Spring Cypress) www.cypresskidsdentist.com

p 281.758.2790 f 281.758.2791

Cypress Christian School "The Power of a Simple Jift"



"Everyone loves to receive gifts. During the Christmas season, we celebrate the most special gift of all—God's Son, Jesus Christ." These are the words of Franklin Graham, President of Samaritan's Purse, an international relief organization. The students of Cypress Christian School chose to share the 'good news of great joy' (Luke 2:10) with children around the world through the Operation Christmas Child project sponsored by Samaritan's Purse.

This year, millions of children will experience Christmas joy when they receive gift-filled shoeboxes and hear the Gospel message through Christian literature and follow-up discipleship programs.

Over the course of several weeks, CCS students took time out of their busy classroom schedules to write letters, fill shoeboxes with gifts, and wrap them in preparation for shipping to needy children across the globe. "This has been a wonderful example to teach our children the gift of giving to those less fortunate," said Elementary Principal Donna Stumbaugh. "Several teachers commented on the great discussions about giving to others that their classes entertained as a result of participation in the project."

Where can you and your kids find great friends?

Steeplechase Moms Club

We are a group of moms that exchange babysitting services between families. We meet monthly to plan fun activities for our children, families, and ourselves. Our play dates are scheduled on Friday mornings, we host/co-sponsor seasonal parties, plan Mom's night out to a restaurant, and scrapbooking events. For more information on our next meeting call Candace at 832-237-2773 or visit us at www.steeplechasetx.com >community events & clubs. We are also on Facebook > Steeplechase Mom's Club. We are planning our December meeting at a local restaurant for Mommies Night Out To A Restaurant.



Courtney Snook Medical Spa Marketing Liason

Brandi Valenzuela, PA-C

1960 Family

Practice

Skin Care Analysis and Consultation

> Janies Rummel Medical Spa Marketing Manager

> > Diana Malone, MD 1960 Family Practice

> > > Huong Le, MD

Medical Spa Director 1960 Family Practice

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Huong Le, M.D. Medical Director Board Certified Physician

Phu Do, M.D. Board Certified Surgeon

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W.ADVANCEDCOSMETICLASER.COM • WWW.1960

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OSMETIC & WELLNESS

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	ARCHITECTURAL REVIEW COMMITTEE
	15995 N. BARKERS LANDING, SUITE 162
	HOUSTON, TEXAS 77079 Phone 281-870-0585
	Fax 281-504-1381
COMMUNITY:	
	E:HOME PHONE:
	ZIP: CELL PHONE:
	ILING ADDRESS:
OR property which initiating any char	tect the homeowner's rights and property values, it is required that any homeowner considering change or addition to th ch would effect the exterior appearance MUST submit their request in writing to the Architectural Review Committee F nge or addition. If any change is made that has not been approved, the committee has the right to ask the homeowner to from the property.
PLEASE STATE P CHANGE OR AD	PROPOSED DDITION(S)
BE ENCLOSED, /	OF THE PROPERTY INDICATING THE LOCATION OF THE PROPOSED ADDITION, MODIFICATION OR STRUCTUF ALONG WITH SPECIFIC DETAILS OF MATERIALS, COLOR, AND DIMENSIONS, INCLUDING HEIGHT.
A DETAILED DR	VEY SHOULD HAVE BEEN PROVIDED AT YOUR CLOSING. IF A LOT SURVEY CANNOT BE PROVIDED, PLEASE RAWING OF THE PROPERTY SHOWING THE LOCATION OF THE HOME AND EASEMENTS. THE PLACEMENT MUST BE SHOWN INDICATING THE DISTANCE FROM SIDE AND/OR REAR FENCING.
	ED IMPROVEMENT HAS A ROOF, PLEASE SUBMIT AN ELEVATION DRAWING SHOWING HOW THE STRUCTU SIDE AND REAR VIEW.
NO LOT SURVE	Y IS REQUIRED FOR PAINTING, STAIN, SIDING OR ROOF REPLACEMENT.
COLOR SAMPLE	ES ARE REQUIRED FOR PAINT, SOLAR SCREENS, ROOFING MATERIAL, BRICK OR SIDING.
MATERIALS TO BE	USED:
- DIMENSIONS:	HEIGHT WIDTH LENGTH
	UBMIT THE SURVEY AND ALL REQUIRED INFORMATION MAY RESULT IN A DELAY OMATIC DISAPPROVAL OF THE APPLICATION.
	at the Committee will act on this request as quickly as possible and contact me in writing regarding their decision, h is allowed from 30 to 45 days to respond. I also understand that in the event construction is not started within six (6
the Committee i from the date of with all applicab	approval, then a new application must be submitted. Further, I understand that it is my responsibility to ensure con ole governmental ordinances, codes, permits, etc. affecting such improvement(s). I understand that I am not to b until the Committee notifies me of their decision.
the Committee i from the date of with all applicab	ble governmental ordinances, codes, permits, etc. affecting such improvement(s). I understand that I am not to b until the Committee notifies me of their decision.

I

<u>STEEPLECHASE</u>

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

	3						
	9		2	6	3		1
						2	
7	2					9	
		5	4		1		
			5			7	
			9				
	1			8			
2	8	6	3	1			4
*Solution at www.PEELinc.com © 2007. Feature Exchange							

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Christmas to Last till April 2010 for Potential Home Buyers, New and Old!!

That's right! If you are a current homeowner, and have owned your home in the last five years consecutively of the previous eight, then you too will be able to take advantage of the U.S.'s stimulus plan. Everyone is asking where my stimulus plan, it looks as if your local representatives are listening.



Mary Sangalang

That means you can get a gift of up to **\$6500** which you don't have to pay-

back. **\$8000** if you are home buyer that has not owned a home in the past three years. This will give those who had just given up looking for a home another opportunity to get it done.

Get Qualified for a Home Loan Now!! Frank Sheehy with FLAGSTONE LENDING Call now (713)-539-9697

This move will definitely provide more real estate activity in Steeplechase, and stimulate a seller's market for sure. Not only will buyer's be using their income tax returns to buy more homes, but they also will be getting a the gift in return! So this is good news to not only buyers but also sellers!!!

Now that's quite a Christmas gift from your favorite uncle, Uncle Sam!!!

Let my company and me personally help you sell and find a home in 2010. *Merry Christmas and a Happy New*

Year From...

SANGALANG realty **II** g roup

Call Me! (281)-989-8064 or Mary@SangalangRG.com

Tips for Teaching Children about Table Manners

Submitted by Rebecca Beavers

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

Dr. Zurn offers five table manners tips to get parents started:

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.

- 2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
- 3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
- 4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
- 5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit www. Dr.ZandMe.com.





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