

Self-management: *the ability to make wise choices to achieve a fruitful and joyous life.*

Why is Self-management Important for Kids?

Our children are growing up in a fast-changing and challenging world.

- New technologies require quicker and more creative responses.
- Wars and financial downturns create burdens and stress.
- Increased population, crowded cities and competition for jobs place strains on family life and personal relationships.

To handle these pressures, *self-management skills*, such as the following, are most critical for success:

- *Treating oneself and others with respect*
- *Making responsible choices*
- *Valuing each person's uniqueness*
- *Understanding how the brain works*
- *Taking care of one's body*
- *Using personal power in a positive way*
- *Managing personal feelings*
- *Communicating clearly*
- *Using self-discipline*
- *Solving problems*
- *Working with others successfully*

We Can Help

In English and Spanish, we assist parents, teachers and other adults to encourage and teach young people how to be good self-managers.

The Impact of Our Programs

In schools with the *Self-Management Program*, with the participation of parents and educators, students have changed their school and home behaviors and have substantially raised their annual test scores. In addition, Montebello Gardens Elementary School (a *Self-Management Program* school), was honored in 2008 by the *National Center for Urban School Transformation* as one of twelve schools in the nation which have demonstrated exemplary gains in student performance.

“If you want to give people the best opportunity at success at life it has to be through early childhood forward. The success of our communities depends on us improving the quality of our education of our children and of parental participation in ensuring that that happens in our society.”

Sonia Sotomayor, Associate Justice, U.S. Supreme Court

How to Connect With Us

Call us, we would love to hear from you. To order books and other materials or to obtain more information about our programs for students, parents and teachers (in Spanish and English) in your school or neighborhood, contact:

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