



ARIZONA SPORTS COMPLEX NEWSLETTER

We are in the Holiday Season and everyone is wrapped on what to get their kids for gifts. Kids are amped up and can't wait to get the latest Xbox or PlayStation games, Interactive toys, Iphones, Ipads, Apple TV, Nintendo, etc. Trust me, I am raising three boys... I was just like you in hope to give my children the presents they want. Then I had to ask myself, but what do our kids really need from us this holiday season? What gifts can myself, my wife or their grandparents provide to help them become happy, healthy, successful adults?



Now don't get me wrong, there is nothing wrong with gifts, but here is a list of the essentials that are great reminders for me and I felt gave my kids more happiness. It also helped me and my kids realize what was truly important during this Holiday Season as well as all year long:

1. **Security and stability.** Kids need the basics – food, shelter, clothing, medical care and protection. In addition, a stable home and family environment make them feel safe and being part of a family gives them a sense of belonging.
2. **Full attention.** Be present. Turn off your phone, the TV, and all gadgets and listen to them, especially at meal times and bedtime. Removing distractions lets them know they're special and there's no need to compete for your attention.

3. **Time.** Spend quality family time together. Take the whole family to pick out a Christmas tree or to see a ballgame or holiday concert. Take each child on mom and dad “dates” to create special memories and boost their self-esteem, especially if they’re used to sharing parent time with siblings. Spending quality time together encourages deeper conversations and strengthens the bonds between parent and child.
4. **Love.** Saying and showing your kids you love them can help overcome just about any parenting “mistake” you might make. Even when your kids have disappointed, frustrated, angered or disobeyed you, they must know you will always love them.
5. **Affection.** Don’t wait for your children to come to you for hugs. Regular physical affection helps strengthen and maintain your emotional connection with kids of any age. When that bond is strong, kids act out less often and know they can come to you for support.
6. **Emotional support.** Through good and bad times, kids must know you are there for them. Parents’ words and actions should facilitate kids’ trust, respect, self-esteem, and ultimately, independence.
7. **Consistency.** Parents need to work together to enforce rules. Important values should not be compromised for the sake of convenience or because the kids have worn you down. If parents are no longer married, mom and dad should still try to communicate and work together whenever possible to maintain consistency.
8. **Positive role models.** Parents are their kids’ first and most important role models. Kids see plenty of bad behavior in the media. Be the kind of person you want them to become and don’t just give “lip service” to good behavior.
9. **Education.** Give your kids the best possible shot for their future by stressing the importance of education. Providing guidance and teaching them life lessons during the time you spend together is also important.

Spending quality time with your kids is the best solution for just about any parenting predicament. This holiday season and in the New Year, don’t stop with what’s on your child’s wish list. Let’s all give them what they really need – the gift of being the best parent we can be!

We also want to take a moment to congratulate last week’s Character Card Winners! Great Job to all the players!

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| ⚽ W. Bagne U8 Whitecaps Coach Ayana | ⚽ J. Rogoveanu U10 Las Palmas Coach Anthony |
| ⚽ A. Qutami U10 Sporting Coach Sal | ⚽ A. Zavala U12 Southampton Coach Adrian |
| ⚽ E. Lanning U10 Barcelona Coach Ethan T | ⚽ E. Olari U12 Newcastle Coach Ayana |
| ⚽ A. Morales U10 Deportivo Coach Ethan D | |

Please stop by the front desk to pick it up next time you’re here.

Our children’s futures are important and the more we can learn to be a valuable part of it, the better! Thank you for taking the time to read our newsletter and have a great weekend!

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