

PATERNAL PROGRESS

They're watching what you notice

A problem is only a problem if it is referred to as a problem

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Your attention is a signal. They'll learn to look for

flaws if you always point out what's wrong.

If you stop to appreciate beauty, effort, or kindness, they'll learn that those things matter.

You don't have to fake positivity. You have to be intentional about what you let your kids see you value.

In "The Danish Way of Parenting," authors Jessica Joelle Alexander and Iben Sanahl call this reframing—shaping how kids interpret the world by

showing them what's worth focusing on.

"The language we use is extremely powerful. It is the frame through which we perceive and describe ourselves and our picture of the world," they write. "All change involves a change in language. A problem is only a problem if it is referred to as a problem."

One of my favorite children's books, "What Do You Do With a Problem?," expresses this idea in a kid-friendly way.

"When I got face-to-face with it, I discovered something," the narrator says. "My problem wasn't what I thought it was. I discovered it had something beautiful inside. My problem held an opportunity!"

If we constantly comment on their messes, flaws, and fumbles, they will learn that those are the things that matter.

If we instead use those moments to validate their efforts and teach them how to improve,

we will also help them become more confident and resilient.

What you notice becomes their mirror. Choose your reflections wisely.

For more reflections on fatherhood, philosophy, and emotional growth, subscribe to Derek's weekly newsletter at paternalprogress.com. If you're interested in any of the books or resources mentioned in this column, you can find more information at paternalprogress.com/p/bookshelf.

LETTER TO THE EDITOR

Be a good example for the children

I was just reading a story about a couple who are celebrating their 80th wedding anniversary and the fact that there are only 68 other recorded couples to reach this mark in the United States since the mid 1700's.

I am so very amazed and impressed by this couple and that they did it in these very trying times. That is they made a promise to each other back in 1945 and today they are still keeping that promise. What a great example in today's world where few seem to value their own words let alone their promises. That is in today's world when promises and vows are often broken in a matter of hours and even minutes after they are made.

A good example of that is, in today's world, our elected officials are more concerned about getting re-elected than they are about doing what they said they would do if they were elected.

That is to keep the promises as to what they would do if they were elected to office.

I know some of the bills they vote on are very long (at the federal level up to and over 1,000 pages long) and those bills will take awhile to read and understand.

The fact that the bills are so very long is the best reason the bills should be read and understood by all who will vote on them before they are voted on. If a bill is not read it becomes very easy to add (hide) things that are only good for one or a few people and not the United States as a whole.

I know there are so many things that come up for dis-

cussion and votes. That is for those in office to make decisions on but I do think that they need to spend the time necessary to do their job (that was always expected of me all the years that I worked for others). There are so many things for them to decide on. Even though this is true they routinely take days off and go on vacations and then use the excuse that they did not know that something was in the bill. They really should try studying the bills before they vote on them, that would help a lot. This would lead to shorter and easier to understand bills.

The way it is done by many today sets a very poor example

for the elected official's constituents and because of the elected official's actions the constituents are not well represented.

Everyone knows this is the way things are done these days and that is very sad. Everyone knows and many even accept it and then make jokes about it. This also sets a very bad example of how things should be done.

A bad example for the children, who look to us grown-ups for guidance on how they should act.

What an example for our children.

Gerald L. Gerloff
Junction City

What Sen. Moran didn't say about the "Big Beautiful Bill"

Bill, From Page 4
ditional masked unidentified snatchers of people.

They will be spirited away

to the new \$46 billion in privately run detention centers. He didn't mention that as Elon Musk says the bill un-

dermines America's strategic future in crucial sectors like technology and renewable energy.

Thank you, Ron Svaty, Ellsworth
Ron Svaty is a retired district judge who served Ellsworth County.

THE UNION

Letter policy:

The Union welcomes and encourages letters to the editor. Rules on submissions include:

1. No profanity.
2. Libelous, slanderous or outright false information will not be permitted.
3. Keep it civil. No insulting other individuals, businesses or other organizations.
4. Letters endorsing political candidates will not be printed in the week before an election.
5. All letters must be signed with submitter's name and hometown.
6. Letters may be edited for length.

We may ask the submitter to edit their letter to meet our guidelines, or reject letters that do not come from readers or from in-county residents, or to reject a letter for another reason not listed here.

To submit a letter, please send it to newstordispatch@gmail.com or drop off a paper copy to P.O. Box 519, Clay Center, KS 67432