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March, 2026 | Issue 44



The month of March is when we shed the layers of winter and embrace the warmer weather and the first day of spring. With spring right around the corner, we look forward to longer days, robins returning, and spring flowers beginning to bloom. Beyond the weather, there are lots of fun things to celebrate this month with St. Patrick's Day and March literacy month. Don't miss out on the fun of reading aloud with your child(ren). Not only does it improve their vocabulary and listening skills, but it also promotes family bonding.

Nurture the Future is a program of The Guidance Center that offers free resources and preventative education in the Downriver area to develop strong families and inspire and assist parents as they raise children. Please share this newsletter with your friends and family and encourage them to sign-up for the mailing list by clicking the link below.

[Newsletter Sign-Up](#)

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## ASK THE EXPERT

# How to Help Kids Learn to Fail

By: Child Mind Institute, Beth Arky

**In a culture that prizes achievement, many kids grow up believing that mistakes are something to avoid at all costs. But learning how to tolerate disappointment is a core life skill — not a weakness.**

Failure is a part of life. Teaching kids to fail and bounce back makes them stronger and more ready to face life's challenges. When kids fear failing, they're at risk for anxiety and meltdowns when things go wrong. But how do parents teach kids to fail well?

It's hard, but parents need to try step back and give kids room to mess up. If you're always over their shoulder guiding them, they can't fail and try again.

Here are some practical tips from the Child Mind Institute on how to help kids learn to fail and recover from setbacks.

- **Start with empathy** - When kids fail, resist the urge to immediately reassure them or fix the problem. Instead, acknowledge your child's feelings and recognize that they're in distress. Brushing off disappointment or frustration can feel invalidating. So, reflect what you see and name the emotion. Try something like, "I see you're really disappointed, I know you really wanted to do better."
- **Model how to handle mistakes** - Kids learn from watching adults. Help your child understand that failure is a normal part of life and happens to everyone. Share age-appropriate examples of setbacks you've experienced to drive the point home. When children see that adults can handle disappointment calmly and constructively, they learn how to do the same.
- **Turn failure into a teachable moment** - A setback can be an opportunity to build acceptance and problem-solving skills. After acknowledging what happened, work together to think about what could be done differently next time. This might involve adjusting study habits, asking for help earlier, or approaching a situation in a new way. The goal is to balance acceptance of the current situation with learning how to improve and grow.

- **Step back and allow failure** - It can be painful to watch kids struggle, but hovering or rescuing can prevent them from developing resilience. Letting kids experience manageable setbacks builds confidence over time.
- **Know when extra support may help** - If a child's fear of failure is so intense that it interferes with their daily life, professional support from a therapist can help them practice tolerating imperfection in a safe, structured way.

You can read more about how kids learn to tolerate failure and why it matters [here](#).

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# 12 Ways

## To Help Kids Boost Their Confidence

Encourage a growth mindset.

Encourage independence and risk-taking.

Remind kids of their strengths.

Give chances for everyone to shine.

Give specific positive feedback.

Teach and discuss resilience.

Help kids celebrate accomplishments.

Teach positive self-talk.

Have kids reflect on growth.

Celebrate diversity and uniqueness.

Encourage kids to follow their passions.

Help kids set and meet individual goals.

[www.thepathway2success.com](http://www.thepathway2success.com)

## DID YOU KNOW?

# Governor Whitmer Signed Michigan K-12 Smart Phone Ban into Law Taking Effect Fall, 2026

Starting next school year, Michigan will have a new statewide policy banning smartphone use in classrooms, following in the footsteps of many states that have enacted similar restrictions with the goal of limiting digital distractions from learning, and addressing cyberbullying.

House Bill 4141, signed by Gov. Gretchen Whitmer on Tuesday, Feb. 10, requires Michigan school districts to develop a policy that prohibits K-12 students from using phones, tablets and computers during instructional time. It creates some exceptions, including for medically necessary devices and those used for special education programming or for a specific lesson.



[Read More](#)

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# Calm, Focus, Play

## UNDERSTANDING SENSORY PROCESSING

A FREE Event for Parents/Caregivers of Young Children (Ages 2-8)

**Wednesday, March 25, 2026**  
**5:30-7pm**

Southgate Veterans Memorial Library, 14680 Dix-Toledo Rd., Southgate, MI 48195

Parents, come learn about your child's 8 senses and how they impact the child's ability to calm, focus and play. Occupational therapist Kasey Zmijewski will help us understand sensory processing and provide regulation tips and activities to help our little ones when they have big behaviors and get upset and overwhelmed.



Registration is recommended/Walk-ins are welcome

[www.guidance-center.org/calm](http://www.guidance-center.org/calm)



Includes a pizza dinner  
and activities for children

For questions contact Jane Reitman at 734-272-3745  
or Jennifer Pickles at 734-258-3002.



**NURTURE THE FUTURE**  
Family Resources & Support

REGISTRATION

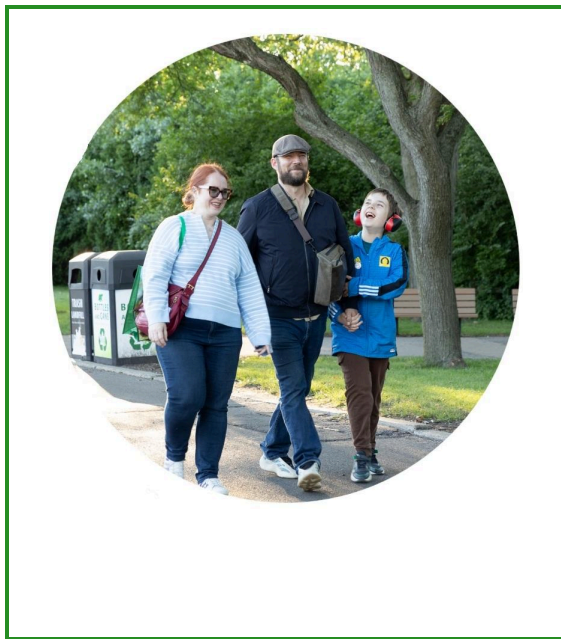
**FAMILY FUN**

**Top Things to Do in March  
with Kids in Metro Detroit**

March is when Metro Detroit families start to feel that first hint of spring — longer days, brighter sunshine, and a calendar that suddenly fills with festivals, outdoor adventures, and fresh new experiences for kids. It's the perfect time to shake off cabin fever and start exploring again.



[LittleGuide Detroit List of Activities](#)



## DID YOU KNOW? The Detroit Zoo Has Sensory Friendly Hours

From opening to noon on the second Monday of each month, the Zoo opens with lower sounds, softer lighting and fewer crowds so you can move at your own pace. KultureCity sensory bags, noise-canceling headphones and fidget tools and more are available. **It's a peaceful time guests of all ages can enjoy.**

[More Information](#)

## The Guidance Center

*Nurture development. Foster resilience. Cultivate well-being.*



The Guidance Center | 13101 Allen Road | Southgate, MI 48195 US

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