

Visit www.ParentTeamGB.com for more information about parenting, book studies, presentations or individualized parent coaching.

When you are ready, Ruth is here to guide your family to success!

Parenting Tips Newsletter

by Ruth Fett M.S.C.
Child Development Consultant



www.ParentTeamGB.com

920-619-6539

Parenting and Child Development News

February, 2009

Welcome to Parenting Tips

Welcome to a new version of "Parenting Tips Newsletter!" We hope that you will find this new format helpful and informative. The newsletter will still contain parenting tips and child development issues for children of different developmental levels. Ruth's passion is to share the highest quality information with parents to help them understand their children better and communicate more effectively with them.

Our mission as parents is to guide children as they move up through the developmental stages. Just like this protective father, we need to be encouraging and supportive, yet allow them some room for error. Often, just like adults, they learn the most from their own mistakes. However, just like the child in the picture, children need to know a parent is there if they stumble.

How to get children to cooperate and follow directions.

Pre-School Years

Children at this age love to help. They want to belong and part of belonging is doing what their role models are doing. Frustration sets in when the parent wants them to do one thing and the child wants to do another. When this happens the key to success is staying calm. The child is much more likely to comply if they feel safe with the adult. We actually lower the likelihood that the child will concede when we frighten them. Stay calm and use an assertive voice when giving directions. "Please pick up the toys" or "time to pick up, OK?" communicates that the child has a choice. When we want a job done we need to be assertive, specific and fully expect that the direction will be followed. "I see toys on the floor. We will pick them up and place in the toy box now." This tells the child what, where, who and when. It is not mean to talk in a firm voice. The firmness gives the child the structure they need to feel safe. It comforts a child to know who is in charge when we tell them exactly what we want them to do.

Early school years (ages 5-11)

When children reach the age of 5 it is time to help them adjust to being more internally motivated to see problems and solve them. One way of doing this is to describe what you see and allow the child to problem solve the answer. "I see books on the floor." If the child creates the solution to the problem, they are more invested in following through on that solution. If that does not work, state your feelings about the problem and be more directive in their problem solving process. "I am frustrated by all these books lying here, they need to be put back on the shelf, should we pick up the big ones or the small ones first?" For the child that picks, "do it yourself mom," go ahead and pick up the books and put them up high, out of reach of the child. Logical consequences teach the child that they are expected to be responsible. Lecturing or threatening will block this learning process. This approach can be applied to many other situations in which children are non-compliant. To learn more about this approach sign up for an upcoming parent book study at ParentTeamGB.com.

The Teen Years

This age seems to be the one that I get the most questions about how to communicate with them and get them to cooperate. I have four very different teens in my house right now, but the answer to every one is respect. As parents we need to learn to respect the child so that they can respect us. This is definitely a great time to choose your battles. Going to school is a battle that needs to be fought, what time the garbage gets taken out is not. I have found

Parent Coaching



Ruth Fett M.S.C.
Parent Coach

Parent coaching is individualized child development consulting.

Ruth can work with you in the comfort of your own home or phone coaching.

For more information about parent coaching [click here](#).

Quick Links

[Parent Team Web Site](#)

that leaving a note regarding the assigned task is a non-threatening way of reminding teenagers of what is expected. Also teens seem to respond well to the freedom of a time frame to complete the task. It gives them the autonomy they are looking for as they mature. "Garbage out and table set before 6:00 P.M." gives them the freedom to arrange their 2-3 hours after school. The next question is what happens when they do not complete the task in the assigned time frame. The most effective method is logical consequences without warning. If the task is not done at 6:00 then do it yourself, without getting upset or becoming stressed. Then when they ask to go to their friend's at 6:30 calmly say, "No, you did not do your two chores." Do not use emotions or engage in a debate or argument over your parental decision when expressing the consequence. It is critical, however, that you stick to your guns. If we, as parents, are respectful, do not lecture and allow the consequences be the teacher, the teen will quickly learn that when they are told to do something they are fully expected to do it without reminders. Parent Team offers presentations for parent groups specifically addressing the unique experience of parenting teens. Schools, parent associations and churches are encouraged to go to www.parentteamgb.com and click on the presentations tab to view a selection of topics. Scroll about half way down the page for presentations related to children 12-18 years of age.

Upcoming Events

Come join the fun and engaging conversation at Parent Team book studies.

Parent Educational Opportunities

For a complete listing of book studies related to discipline, parenting and child development please go to www.parentteamgb.com and click on the upcoming events tab.

Please spread the word

Parent Team is a year old this month. It has been a complete joy working with all the families that have allowed me the privilege of coaching them. Though I have attempted many different types of marketing, **word of mouth is by far the most effective** way of getting the word out about my mission. Please share this newsletter with family, friends, co-workers or anyone else who may like to receive regular news about parenting children in today's world.

Please help Parent Team to be able to continue this unique service to the Northeastern Wisconsin parents and care providers.

If you received this from a friend and would like to be added to our mailing list for the Parenting Tips Newsletter please respond to parenteam@yahoo.com and we will add you to our contact list.

Contact Information

Ruth Fett M.S.C.
Child Development Consultant
Parent Team LLC
1131 Beechwood Dr.
Green Bay, WI 54313
parenteam@yahoo.com
www.parentteamgb.com
920-619-6539