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“Parenting Tips” by Parent Team

A monthly newsletter for parents of children of any age.

Upcoming Events at Parent Team:

January 19-March 2, 2009 6:00-7:00 PM

I had many people tell me they would like to have another opportunity at the “Easy to Love, Difficult to Discipline”, by Becky Bailey Book Study. Here is your chance, Monday evenings at the Townline Café in Howard. See website for registration information.

Volunteers needed: I am developing parent reference cards on specific topics such as bedtime, mealtime, eating out, teens and risky behaviors and various other parenting topics. I would like volunteers to pre-view the cards before I publish them nationally. I am looking for general feedback. Do the cards look appealing? Do the cards contain useful information? Do you believe the cards would be of interest to parents? I will e-mail copies to anyone interested in taking part in this product pre-view.

Check out our **new look** on our website. New presentation services and parent coaching packages are available online at www.parentteamqb.com.

Parenting a PRE-SCHOOL Child Tip:

Time in

Last month I explained why time outs need to be crossed off your list of discipline techniques, so this month I offer a replacement for it, “time in”. I have worked with several families these past few months, and they have found that time in is far more effective and the effects are longer lasting than time outs. When misbehavior occurs, the best approach is to get down on the floor and show the child the behavior you would like to see. However, when time does not allow, bring the child to time-in. This can be any place near you. They can help you with the job you are working on, draw a picture or just sit with their head down. The important idea is that the child be with you, rather than isolated, and that they sense you are available to them emotionally. Try not to talk too much or appear that you are sitting in judgment. This opens up the lines of communication and gives you insight into your child’s thought process.

Parenting A SCHOOL AGE Child Tip:

Discipline

Children between the ages of 5-11 are best disciplined with love, respect and empathy. No study has ever shown that you can make a child behave better by making them feel worse. It is important to look at yourself and the strategies you use in parenting the child, especially if the behavior is chronic. Holding yourself accountable for being the adult in the relationship by taking ownership over your own feelings and actions is a good start. We cannot expect our children to behave any better than we do. I, myself tried for years to get my children to stop yelling by yelling at them. I work with families who spank their children when the children hit. This is very confusing to children. Secondly, focus on spending quality time with your child, children who feel connected to their parents are more likely to want to please them. Last it is important that try to understand the world from their perspective. As humans we generally respond better to people whom seem to understand us.

Parenting A TEENAGER Tip:

Discipline

During the pre-teen and teenage years disciplining with respect becomes critical. As children develop higher level thinking they call into question any parenting inconsistencies or hypocrisy. As the mother of 4 teenagers and 3 preteens, I have had to swallow my pride quite a few times and re-think my approaches to discipline. Mutually respectful discussions about rules and limits have replaced the old, “because I say so” line of thinking. Barbara Coloroso promotes using discipline techniques that leaves both your own and your child’s dignity in tact. Time out is not very dignified especially for a teenager. It is not dignifying to you, as a parent, if you allow the child to set their own limits and run the show. Finding that balance between love and limits is most efficiently done through open respectful conversation with the child. Then decide together on appropriate consequences for breaking the agreements. Last, write the agreements down, sign them and be sure everyone gets a copy.

Please call *Ruth* at 619-6539 if you have any questions about these parenting tips. You may also go online to browse services available through our new website. Please call for a FREE phone consultation. There is no obligation - I will speak with anyone regarding any parenting issue for 30 minutes over the phone.

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