

# Parenting Tips Newsletter



## Knowing Your Child

May 2009

**Dear Ruth,**

Welcome to the May edition of Parenting Tips. The main subject this month will be "knowing your child." When parents are aware of the child's temperament and some basic developmental issues that may be occurring with their child then dealing with them day to day becomes much easier. Knowledge is power has never been more true than the power that comes from knowing your child. When we use that knowledge to predict their behaviors and calmly respond to those behaviors we set ourselves and our children up for success.

Also please note, off to the right an upcoming seminar on teens and preteens for only \$10.00.

See the last article at the bottom for a top ten list of reason why people hire me as a parent coach.

Yours in caring for children,

Ruth Fett

Parent Coach

619-6539

(Call for a free 30 minute consultation.)

## Toddlers

"She went from being my little bundle of joy to being a holy terror" a young mom explained to me recently. Toddlers do indeed bring on a whole new set of challenges to parents. As parents we need to understand is that toddlers face a whole new set of challenges and this is what leads to frustrations and tantrums. They have a burst in language ability that they unsure how to use and great physical growth that they struggle to master. They can see others doing task that they are not able to do yet and this can be a source of great frustration. Knowing that all this is going on with your toddler can help you understand their point of view, have some empathy for their struggles and stay calm when they tantrum. If they escalate and we remain calm they are more likely to be able to regain control.

## Pre-School Children

Knowing your pre-schooler has a great deal to do with understanding their temperament. Becky Baley would ask is your child a "crier", a "flyer" or a "trier". When confronted with a source of frustration will your child whine or cry, walk away angrily or be persistent and keep trying. In dealing with your child day to day, knowing this about them will help to deal with the fusses and fits when they happen. If you know they are likely to cry when trying to manipulate a tricycle for the first time you can be prepared to help them in a calm state of mind.

## Upcoming Events

### Effective Communication with Your Teen

Learn about important basic developmental and societal issues facing teenagers today and how to effectively communicate with your teenager about these issues. Ruth presents information every parent of a teen should know.

Wednesday May 6, 6:30-  
8:00 PM  
Weyers-Hillard Library in  
Howard

Cost: \$10.00 for pre-  
registrations received, or  
\$15.00 at the door.

Email Ruth at  
[parenteam@yahoo.com](mailto:parenteam@yahoo.com) and  
she will hold your ticket at  
the door for the advance  
price of \$10.00

## Quick Links



Parent Team LLC

## School Age

School age children are each very unique and it is critical as a parent that we take the time to get to know each one individually. Research has shown that by stopping everything and stepping into our child's world for as little as 10 minutes a day we can improve our understanding and their compliance by up to 50%.

It is also important to understand the developmental stages that children pass through during the school years. For more information about these stages [click here](#) for a PDF version of a developmental chart put together by Ruth. It includes not only the physical, social and emotional stages but also ideas for how parents could respond to those stages.

### **Why would anyone hire a Parent Coach?**

**Parent Team is the answer to parents' questions. Here are the Top Ten Reasons Parents Hire Ruth as a Parent Coach.**

**10. Parents wonder if Ruth speaks with an English accent.**

**9. Parents want to be informed about the different developmental stages of their child.**

**8. Parents do not wish to utter, "Don't make me stop this car!" and other phrases made famous by our parents.**

**7. Parents want to make it through a grocery store without tantrums erupting every other aisle.**

**6. Parents wish to have their children get along or at least not terrorize each other daily.**

**5. Parents want to be able to eat publicly again.**

**4. Parents would like to hear positives from their child's teacher.**

**3. Parents want to hear practical, easy to apply strategies to gain cooperation from their children.**

**2. Parents want to enjoy their time with their children, relax, have fun and just be happy together.**

**1. Parents want to regain their confidence level as parents and feel hopeful about their future relationships with their children.**

**When you are ready to make a change for the better, I am here.**

**Sincerely,**

Ruth Fett

Parent Team LLC

619-6539