

PARENTING AGAIN

A Resource for Grandparents Raising Grandchildren
and Others Involved in Kinship Care



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Teach Peaceful Ways To Solve Problems

1. Teach your child to say "No hitting" if another child hits him.
2. Teach him to take turns rather than fight over a toy.
3. Help him learn to use his words regularly to solve problems.
4. Mention it when he behaves well.
Say : I like how you are sharing and waiting your turn.



Work on Being Consistent

No one is consistent all of the time. But try to make sure the rules stay the same and that you discipline the same from day to day. Too many changes can be confusing to your child. When he isn't sure, he may have to resort to testing limits just to figure out what they are.

How Was School Today?

Get in the habit of talking and especially listening to your child about his school day.

Don't just drop it when he says, "It was okay." Ask specific questions such as what class was his favorite, did he learn anything he really liked today, did he see his friend, Mark, and anything to get him to share about his day.

His school day is a subject he knows about.

You want him to get in the habit of sharing and talking with you.



ENCOURAGE READING

Encourage your child to love books and reading by taking him to the library.

By the age of 3, you can let him choose a couple of age appropriate books that spark his curiosity, even if they don't interest you.

No matter what his age, the library is a great place to go.

THINK FIRST

Once you make a rule or a promise, you need to stick to it.

Be sure you think it out before you say it. This is especially important if your child has a background of parents not following through.

Gimme, Gimme, Gimme

Times of gift-giving like birthdays and holidays can bring added pressure, both financially and emotionally for most families. Gift giving can become a huge production. Sometimes we forget the simplest gifts can be beneficial and enjoyed by your child. Award winning economist, Juliet Schor, Ph.D., has written books and articles about how to limit the effect of marketing on your child and how to raise him to become an intelligent consumer. In the area of gift-giving to a young child, Dr. Schor's suggestions for gifts include:

- * Art supplies (paints, brushes, paper)
- * Blocks
- * Board Games
- * Books
- * Card Games
- * Dress Up Clothes

As a parent, you must decide, if there are times when it is appropriate to give him a more expensive gift. It is better to make it a rare and special event rather than at every holiday.

Schor, J., *Born to Buy: The Commercialized Child and the New Consumer Culture*, New York, Scribner, 2004.



Congratulations to every family who is reading at home with their child. Reading at home makes a difference in your child's ability to learn to read really well.



Do It Together!

Whether the activity is fishing, biking, golfing or just playing catch, having alone time with your child gives you the chance to talk to him; listen and become his role model. If you treat others with kindness, if you are a good sport, if he sees you continue to try even when success is not immediate, whatever he sees you put into action, can have more effect on his life than anything you say.

So, set some time aside for him. It is probably most important to do this if you are having difficulties with him but even if he is being perfect, it is worthwhile.

THE VALUE OF WORK



Many teens have no idea of the relationship between work and money. Here are two ways to help her learn.

1. Have her make a list of beginning wages for part time work in your community. Then make a list of items she would like to buy. Have her figure out how many hours she would need to work to purchase the items she would like.

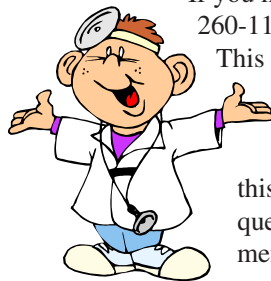
2. Have her go to the Internet or look at one of the magazines that compares salaries for different jobs. It won't take long for her to see that some jobs pay a lot more than others.

Talking about money is an important subject. It is seldom covered in classes so it is really up to you.

Question about your child for a physician?

The Pediatric Hotline can help

If you have any questions about your child's health, call 1-800-260-1159 from 11 a.m. to 8 p.m. on **Wednesday, February 1.**



This program is provided by The Seattle Times and the Washington Chapter of the American Academy of Pediatrics. It is in its 17th year and is available for anyone to ask questions of 30 volunteer physicians. Use this free, no-appointment-necessary opportunity to ask any questions you have about your child's health and development. Questions regarding infants to adolescents are acceptable. You may also email questions beginning

Tuesday, January 31 by visiting www.seattletimes.com/pediatric hotline. So mark this on your calendar.

Your Overweight Child

Your child needs your help to get her weight under control at any age where it is a problem. Talk to your doctor about how to solve the problem, don't just ignore it. This is a serious health issue.

1) A child's good eating habits begin with you, the adults in the home. Children mimic their parent's good and bad eating habits. If high fat, sweet and low-nutrition food is mostly around, your child will eat the bad food. Parents are role models for healthy eating and active lifestyles.

2) Help her find sources of pleasure and fun other than food. Find hobbies, sports, and clubs which will distract her from depression and anxiousness. They also help her increase her activity level and burn calories.

3) Limit TV watching. It

doesn't use many calories to watch television and in fact may encourage eating.

4) Talk with her about the problem. Is she unhappy or stressed? Let her know you are there to help. Praise her when she resists temptation. Eating discipline is like any other form of discipline, it has to be taught and reinforced by parents.

5) Your child's doctor can tell you if she is overweight and how to help. Children should not go on severe diets — their bodies are growing and developing; they need adequate nutrition for maximum height and good health. A better approach for most kids is to maintain a constant weight or at least slow their weight gain until they grow into their weight.

6) Do not overly restrict calories. When you become overly

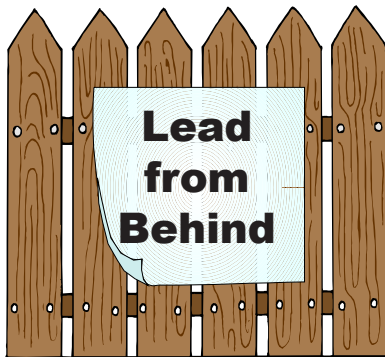
strict, it may in fact encourage sneak eating or binge eating.

Instead, push better food choices into the diet and they will push out less desirable choices. For example, if veggies and low-fat dip are offered after school, and cookies are not, she will learn to eat what is offered.

7) Keep portion sizes tailored to your child. Use smaller plates and serve smaller portions.

8) All eating at home needs to occur at the kitchen table, even snacking. No nibbling in front of the television, no box of cookies in the bedroom, no dish of ice cream at the computer.

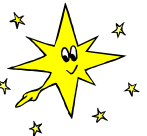
eHealth International, Inc.



You want to help your child but you need to do it carefully. By offering just enough feedback to help her figure out the problem for herself, you are leading from behind. Your role is to be a super listener who repeats and reviews and sometimes gives a bit of advice. You must be careful not to take over the project. Respect and support her efforts to work through her own problems. That's being a real help.

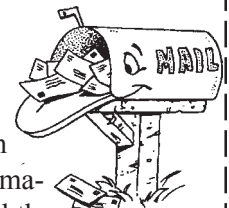
Benefits of Exercise for Young Women

Exercise during the teenage years may be one of the most important ways to prevent osteoporosis. The Pediatrics Journal reported results from an ongoing study that show a connection between adult hip bone density and sports-exercise patterns from ages 12 to 18. Exercise increases bone density and can have lifelong impact. Be active.



Sign up for Parenting Again

If you are a grandparent who is raising a grandchild or parenting another's child, sign up for this free monthly newsletter brought to you by the Olympic Area Agency on Aging (O3A). Send us the following information to PO Box 3323, Sequim, WA 98382 or call us at (360) 582-3428 or toll free (866) 943-5437. You can also email us at grg@parentingmatters.org This information is only used to send you this newsletter. We need the following information:



Name _____
Address _____ City _____ Zip _____
Phone _____ email _____
Child(ren)'s name(s) & date(s) of birth _____

Have You Been to School Lately?

No matter how long your child has been living with you, you need to be in close contact with his teachers. This is the way you can help him catch up or get ahead.

Find out what you can be doing to help. See where he is doing well so you can be sure to compliment him on his progress. But also find out where he needs to do some extra work.

If he sees you are involved, it helps him keep working his hardest.

A Little Extra Education

Check out the support groups below that meet to discuss the issues of parenting again. We will let you know when we find parenting classes being offered.

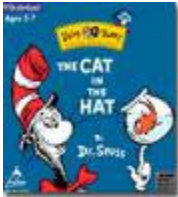
In Grays Harbor and Pacific Counties: Grandparents Raising Grandchildren meets Mondays at 10:30 - noon at 618 W. Market St., C in Aberdeen. Call Mary Phillips 360-532-9227 for more information.

In Port Angeles: Grandparents Raising Grandchildren meets at First Step (325 E. 6th) from 3:30-5:30 p.m. on February 13. Call 582-3428 for more information.

In Sequim: Grandparents Raising Grandchildren will meet at 10 a.m. on February 13 at First Teacher (220 W. Alder, Room 4W). Call (360) 582-3428 for more information.

In Forks: Contact Ruth King at (360) 374-5605 for more information.

In Jefferson County: Contact Parenting Matters Foundation at (866) 943-5437 if you are interested in attending a support group. We are trying to determine how many parents might attend.



Rhyming Books Are Important

Young children learn a great deal about reading from rhymes. Keeping books like *The Cat in the Hat* or *Mother Goose* to read, they learn about the wonderful sounds of words. With this background they then are better prepared to read.

Have fun with rhymes. Play games with them. Read a line from a familiar nursery rhyme using an incorrect word. Then let him give you the correct word.

"Jack and Jill went up the hill, to fetch a **sail** of water."

"Mary had a little **ham** whose fleece was white as snow."

"Three **fine** mice, three **fine** mice, see how they run."

Or have him fill in the rhymes with the right word.

"Behind the log was a spotted _____." (frog)

"I will bake a banana _____." (cake)

TALK CARS & DRIVING

Long before you have a teenage driver, you need to begin talking about cars and driving. Point out drivers who are doing things wrong and see if he begins to understand. Talk about the laws and the consequences of poor driving. These are important lessons.



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