










How can I help my child develop good language skills?

Children's speech increases by leaps and bounds as they grow. First they hear a word many times, then they add it to their dictionary of words in the brain. Once they understand words, they are able to use them. As children talk, they add different clues, such as tone of voice and movement to their words and phrases. Some ways by which you can help your child develop good language skills are:

-  Talk to him and hold conversations with him.
-  Match your words to what the child can understand.
-  Read to him.
-  Listen to him carefully, patiently and with love.
-  Talk about what you are doing as the child watches.
-  Talk with the child about color, shape, and size of different objects.
-  Use repetition.
-  Give the child good eye contact. 



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MR. & MRS.
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Raising Great Kids



May

TO SPANK OR NOT TO SPANK

That is the question. Spanking is a topic that generates much discussion whenever it is introduced. To some parents, spanking means "slapping a child on the buttocks," while others see it as any physical punishment that does not cause injury to the child.

Some reasons parents give for spanking are:

- ; it teaches children not to do things they shouldn't
- ; it stops children quickly when they are being irritating
- ; it encourages children to do what they should

Here are some general guidelines to follow when you are deciding on any form of consequence for your child.

- ; For consequence to be effective, it should be administered as soon after the misbehavior or disobedience as is possible.
- ; The consequence needs to be deserved and understood by the child.
- ; Children need to know exactly for what they are being corrected. Preschoolers have short memories and their idea of right and wrong is different from an adult's.
- ; The type of consequence should be related to the misbehavior, e.g., if a child colors on the walls, an effective consequence might be to have him scrub the wall and have the crayons put away for a while.



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To SPANK OR NOT TO SPANK

(CONTINUED)

; The consequence should be administered with love and respect. Remember that a child has feelings too.

While spanking may relieve a parent's frustration and stop misbehavior for a while, it may be one of the least effective methods of teaching a child the lessons you want him to learn. Spanking does not teach an alternative behavior. It does not teach the child what you want him to do instead. The main lesson a child may learn is to try harder so as not to get caught next time.

Spanking sends a message that hitting is an appropriate way to solve problems, and that it is okay for a big person to hit a smaller one. It is difficult for a child to understand, "I hurt you because I don't want to hurt you." Here are a few alternatives you can use in place of spanking:

; When you start feeling angry with your child, clap your hands loudly. The sound will interrupt his behavior.

; If your child refuses to listen to you, stoop down at his level, grasp his arms firmly, but gently so he looks at you. Talk calmly to him.

; Control your anger to prevent "losing it." Walk away from the child, call someone, take a deep breath, or even write a note. Once you have cooled down, there will be less of a desire to spank.

; If you feel you must correct your child, make sure the consequence is related to what he's done. This way he will learn the lesson you want him to.

; Try to understand the feelings behind your child's actions.

In deciding whether or not to spank, ask yourself, "What do I want to teach my child?" If the answer is, "to teach him to make good choices on his own," spanking may not be the way to go. 🦋

Source: *The Debate Over Spanking*, Dawn Ramsburg



Did you know that as a parent you can choose your battles?

Parenting is a 24-hour-a-day job for which you receive little training and no time off for good behavior. Added to that, children are not born with the wisdom to control their behavior or the world around them. It pays to choose your battles wisely, or you may battle for 24 hours.

🦋 Take time to learn about child development so you will know which behaviors are appropriate/normal for your child at his age. This will lessen your anger and frustration, and help you see the behavior for what it is.

🦋 Keep your mind focused on the issue at hand.

🦋 Decide on what is most important to be addressed and what can be ignored for the time being.

🦋 Set limits on your child's behavior, give him choices, and follow through with consequences for inappropriate behavior.

When you understand your child's behavior as normal for his age, you can better decide which battles you should address. 🦋

Source: *Parent Choose Your Battles*, Elizabeth Pantley, Family Information Services, Minneapolis, MN, 1996, 1998, 1999



Strawberry Freezes

- 14 fresh strawberries
- ½ cup frozen limeade or lemonade concentrate
- ½ cup water
- 6 ice cubes

Rinse strawberries; cut off tops. Place strawberries, frozen concentrate, water and ice cubes in blender; blend on high until smooth. Pour into glasses. Decorate with fresh strawberries; serve with straws. If you do not have a blender, strawberries can be crushed with a fork and mixed in a bowl with the remaining ingredients. (Note - ice will have to be crushed.)

Kids Can Help

Children can measure all ingredients and place in blender. They may also use blender with adult supervision. 🦋



All children must be supervised when they are in the kitchen.

Safety Scoop

Plan Ahead for A Safe & Fun Summer

- T** Check kids for insect bites.
- T** Inspect playground equipment.
- T** Insist kids wear helmet and protective gear while riding a bike.

T Supervise all children's activities outside. 🦋

Source: *Summer is Almost Here*, Pat Mullins