

Raising Children to be Responsible, Resourceful, and Caring



6 Critical Messages for Parents to Convey to Children

1. I believe in you
2. I trust you
3. I know you can handle it
4. You are listened to
5. You are cared for
6. You are very important to me

From kids are worth it! at www.kidsareworthit.com

3 Alternatives to "No":
"Yes, later."
"Give me a minute."
"Convince me."

Child Abuse Prevention Month April 1-30

Prevent Child Abuse America works to build awareness and provide education to those involved in the effort to prevent the abuse and neglect of our nation's children. www.preventchildabuse.org

SpankOut Day USA April 30

SpankOut Day USA is a day on which all caretakers of children—parents, teachers, daycare workers—are urged not to use corporal punishment as discipline but to use positive disciplinary alternatives. www.stophitting.com

When adults make rules and stick to them, children feel safe and secure. Making rules is an important part of loving. When rules work, you help your child feel safe, loved, and able to get along with others. **Decide which rules are important.** Each family needs to decide on a few rules that matter most. Remember, children will test rules, even when they know them. **Make rules that are clear and simple.** Children are more likely to go along with a rule when you give a reason for it—even if they do not like the reason or understand it. **Show your child you care about rules.** When something is important to you, your child knows by your firm voice and the look on your face. **Be clear about what will happen if a rule is broken.** When you make a rule, talk about what will happen if your child breaks that rule. **Let your child know you care about his or her feelings.** When children know you care about their feelings, they can control themselves better. **Take care of yourself.** Try to remember that you are a good parent, even when your child gives you problems about the rules.

DISCIPLINE

- Shows children what went wrong
- Gives them ownership of the problem
- Gives them ways to solve problems
- Leaves their dignity intact

PUNISHMENT, on the other hand, is adult-oriented and requires judgment. It imposes power, arouses anger and resentment, and invites further conflict.

R. S. V. P.

Consequences need to be :

Reasonable

Simple

Valuable

Practical

From Family Communications, the producer of Mister Rogers' Neighborhood, which is seen daily on PBS stations. Visit their web site at www.familycommunications.org for more helpful ideas to deal with issues facing families.