

## Building Families Early Childhood Area

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### In The Spot Light



## Congratulations Wright County Health Department on your 100% compliance to the Family Support Credentialing

Good job! Awesome! Hug yourself! I am proud of you! Kiss your brain! Give yourself a hug! Way to go! I like the way you did that! Keep up the good work!



Children & Families of Iowa's Elevate is a youth-driven program that inspires change, compassion and connection for foster and adoptive youth in Iowa.

Elevate members are youth ages 13 and up who are currently in foster care, adopted from foster care, live in other out-of-home placements or aged out of foster care. We are young people who want to make a difference in the child welfare system and we all have stories to tell. Elevate's purpose is to surround youth with supports as they transition to adulthood by using education, mentoring, life-skills instruction and leadership development. It is our goal to empower all youth to become self-advocates and active community members. If you or your agency has a topic you'd like to share with the group, we'd like to invite you to join us at a meeting. The youth are also anxious to share their stories and educate the community on Elevate. Learn more about Elevate at [www.youtube.com/watch?v=ZMFvZgsi004](http://www.youtube.com/watch?v=ZMFvZgsi004) <<http://www.youtube.com/watch?v=ZMFvZgsi004>> Contact: Maria Wevdert at (515) 573-2193



Building Families

# Newsletter

## May 2011

### In The Spot Light



## Congratulations Jodi Koestner! You received your Child Development Associate Credentialing

Good job! Awesome! Hug yourself! I am proud of you! Kiss your brain! Give yourself a hug! Way to go! I like the way you did that! Keep up the good work!

### Professional Development

Child Care Resource And Referral Trainings in our area:

**May 12, 2011 - Fort Dodge - Special Issues - 6:30-8:30pm** – Fort Dodge, Iowa Central Community College, Career Education Building Room 110

**May 19, 2011- Fort Dodge - 10 Gifts - 6:30-8:30pm** – Fort Dodge, Iowa Central Community College, Career Education Building Room 110

Please go to the following website to registry for the trainings listed below:

<https://ccmis.dhs.state.ia.us/trainingregistry>

### *Really important stuff my kids have taught me*

by Cynthia L. Copeland



Ask why until you understand.

Pants with pockets are better.

Flowers and pricker bushes grow out of the same dirt.

## Parents Only!!

### Activity

Do you have a toddler 18-24 months? Here are some things they like to do with you.

#### Ages and Stages

- dancing to music with different rhythms.
- talking about everyday things.
- read simple books with cardboard or cloth pages and encourage your child to turn pages.
- make a scrap book of objects or people he or she knows
- expand language --when your child says "kitty" you can say "Yes, the kitty is little and soft."
- place three familiar toys in front of your child and say, "Give me the \_\_\_\_." See if he or she tries to find it and hand it to you.
- play dress-up with a box filled with caps, scarves, and old shoes.

## Child Care Providers Only!!

### Activity

Read a story to your children and then have a child "read" the same story to you. Role play the story, have your children be different characters and act out parts of the story. Use dress up clothes or masks for each character.



- Building Families Projects:
- HOPES in-home visitation
- Parenting Classes
- Preschool Scholarships
- Playground Safety Checks
- Positive Behavior and Intervention Supports
- Activity Kits
- Training in Nutrition
- Shaken Baby Training and Information
- Books to Centers

## What kind of Parenting???

Ideas about child rearing can be grouped into three styles.

**Authoritarian** parents always try to be in control and exert their control on the children. They:

- Set strict rules
- Show little warmth and affection
- Are critical of children
- Don't explain why they want children to do things
- Focus on bad behavior

Children with an authoritarian parent usually do not learn to think for themselves and understand why the parent is requiring certain behaviors.

**Permissive** parents give up most control to their children. They:

- Are inconsistent
- Have no routines
- Do not set boundaries
- Accept children in warm and loving ways
- Give children too many choices when the child is unable to of making good decisions.

**Democratic or Authoritative** parents' help children learn to be responsible for themselves and to think about consequences of their behavior.

They:

- Provide clear and reasonable expectations
- Explain why they want children to behave a certain way
- Are warm and catch their children being good rather than focus on bad behavior
- As the child matures, they are involved in making choices, rules and chores

Parents with a democratic style of parenting guide children's behavior by teaching instead of punishing.

So what is your style? Possibly somewhere in between. Consider what you want your child to learn. Research shows that a democratic style has more positive outcomes for children. Permissive parents have children who act out and are aggressive, and authoritarian parents have children who are submissive and have low self esteem. No parenting style will work unless the parent builds a loving bond with their child.