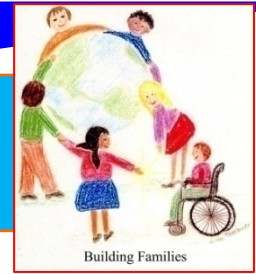


Building Families Empowerment  
Every child, beginning at birth, will be healthy and successful.



## Parenting Pal- May

### Encouragement is the Key!

1. Get your child's attention. Make eye contact, get down on their level.
2. Be Specific! "Thank you for listening to mommy and following directions. You are picking up the books. I like how you are cleaning up."
3. Keep it simple- **Avoid** combining praise with criticism. "Thanks for listening to me the first time so I don't have to tell you five times like I usually do." Or "I guess your room is clean enough for now"
4. Encourage with enthusiasm. Our enthusiastic responses communicate to our children that we are happy with their behavior. "Wow!" "Awesome!" "I love you!" Flat encouragement is **not** effective!
5. Double the impact with physical warmth. "I am so proud of you for having a good morning! Give me high five! Yeah!"
6. Use positive comments in front of others. When children hear you deliver praise in front of other adults or children in their lives, it makes a big impression! "Grandma, you would have been so proud of Jill today. She did her homework right after school so we could come visit you!"



**LOVE  
OUR  
KIDS  
DAY**

#### HAMILTON COUNTY YOU ARE INVITED!

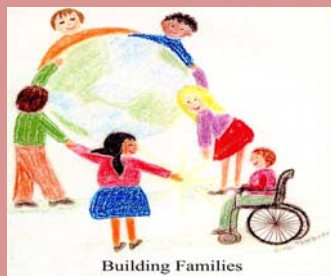
- **May 3rd**
- **Webster City Middle School**
- **Time: 1-4 pm**
- **For families with children aged 0-18**
- **No cost of admission**

Keynote speaker : Dr. Kevin Strang "Just Say Know!"  
2-3 pm  
An informative talk about the beneficial and negative effects of alcohol in the body, sponsored by Power Up YOUTH.

An activity filled day for parents and kids, full of resources and child injury prevention including:

- Car Seat Safety Check
- Nursery Safety
- Imaginative play
- Face painting and crafts
- Teen Pregnancy/ STD Prevention
- Identifying Poisonous plants
- Sport and playground injury prevention
- Interactive home safety
- Driving Obstacle Course

## Parent Education: Helping You and Your Child Grow as a Family!



### Parenting with Support

Building Families is holding a parent support group at the United Church of Christ Congregational in Clarion. Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller to register if you would like to participate.

Dates at the United Church of Christ Congregational:

121 Third Ave NW

Clarion

May 14<sup>th</sup> and 28<sup>th</sup>

**CARES IS: a big family, making new friends, giving back to the community, fun for the whole family, focusing on the positive, having a voice, learning about resources, nonjudgmental, a network of people who care about you, supporting each other and changing the mindset of the community to make sure it is everyone's business to protect and help families and children. Making friends on purpose across all cultures, races, and social classes!**

**May 14<sup>th</sup> and 28<sup>th</sup> at 5:30 at the Asbury Methodist Church in Webster City**

**May 11<sup>th</sup> at 5:00 at the Faith United Methodist Church in Humboldt  
Free meal and child care provided!**

Building Families is happy to announce that Positive Solutions for Families has received extra funding from the Humboldt County Community Foundation. Thanks to HCCF, Building Families is now able to offer parents who attend Positive Solutions for Families incentives for coming. These incentives include free books and games, a free meal for the remaining classes, and free child care. In addition to these rewards, parents who attend will also receive a free \$10 Wal-Mart gift card for every class they attend (while supplies last). Thank You Humboldt County Community Foundation for supporting the families of Humboldt County!

A Parent Group in Humboldt will be held from 5:30-6:30 at the Taft Elementary Media Center. The parent group will be discussing Positive Solutions for Families. Below are the list of dates in April and what will be discussed at each group. Please Register with Amy Muller if you would like to attend or look for signup sheets at school!

#### **May 7th**

Session: 5 *Facing the Challenge: Part 1* Examine nine specific strategies that can be used to promote positive adult and child behavior in home and community settings.

#### **May 21st**

Session 6: *Facing the Challenge Part 2* Identify that problem behavior has meaning. Identify the meaning of behavior by examining what happens before and after the problem behavior. Identify the three parts of a behavior plan: preventions, new skills to teach, and new responses. Learn to use the *Family Routine Guide* to identify supports for use with children during daily routines.

## Why Do Children Sometimes Refuse to Cooperate?

The preschool years are a time when children are learning how to express themselves and interact with others. Their refusal to cooperate is not always a deliberate refusal to follow your directions, but may be due to other reasons. For example, your child may

- Need a warning that you expect him to stop an activity to comply with your request
- Might be thinking about something else and not hear the request
- Might not clearly understand your request
- Might be more used to receiving negative attention (e.g., yelling, scolding) and may refuse the request to get that attention

By thinking about why your child may not be responding to you, you can determine what your next step should be. For example you need to give your child a warning before making a request. If your child has a disability or language delay, you might need to provide a concrete cue that shows your child what you want her to do (e.g., handing your child the toothbrush to indicate that it's time to brush teeth). You might need to get down on your child's level and make sure you have her attention (e.g., make eye contact, touch your child gently) before making a request. If your child seeks negative attention (e.g., misbehaves to get your attention), you might try ignoring the misbehavior (not scolding or talking to your child) and then praising your child when he is doing something appropriate.

## What Can You Do When Children Refuse to Follow Instructions or Requests?

When children are very young, they are often eager to learn simple chores and they approach the tasks with enthusiasm. Part of their joy comes from receiving your praise and attention and from the sense of accomplishment they have at being a "big boy" or "big girl." It is important to recognize that once the child is able to do the activity independently, he might be less motivated to complete the task consistently. (Face it, how many adults take joy in making the bed?). At this point, you should remember that your praise and attention can be a powerful tool to gain your child's cooperation. If your child is reluctant to do a chore that he is capable of completing independently, try the following:

1. Move closer to your child, get down on his level, and restate your request, stating exactly what you expect in a calm and firm tone of voice. (e.g., "Parker, pick up your books and place them on the shelf.")
2. If your child resists or refuses, take a deep breath (so you can remain calm) and think about why the child might be refusing. After examining the situation, you might
  - Tell a child who is reluctant to stop an activity, "I see you want to keep playing. You can play for 3 more minutes. I'll time you. Then you must clean up."
  - Tell a child who is angry, "You are telling me you are angry, and you don't want to clean up. The books need to be picked up. Once you are calm, you will need to pick them up." Then wait until your child is calm before restating your direction.
  - Tell a child who is slow to begin, "I will help you get started. I will pick up one and then you pick up one."
3. As soon as your child begins cooperating with the request, provide praise or feedback. When you praise your child, describe exactly what he or she is doing. For example, "That's great. You are picking up the books. I like how you are cleaning up."
  - Tell a child who may not be aware of the fun activity that will come next, "When the books are on the shelf, you can take your bath with the new bubble bath that we bought today."
  - Tell a child who is seeking to have control, "You have a choice. You can put the cups or the silverware on the table. You must help set the table."
  - Tell a child who is not enthusiastic about the task, "Let's play beat the clock! I will time you and see how fast you can finish it."