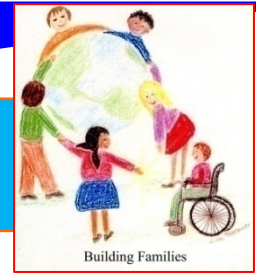


Building Families Empowerment

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



Parenting Pal- May

Parenting Tip

What Are Your Kids Learning from Play? Everything!!

- *Picking up toys and looking at them*
 - Children are learning to use small muscles in their hands and fingers
- *Dropping the spoon over and over again from the high chair*
 - Children are learning what objects do when something is done to them
 - Predictability- things happen the same way
- *Putting toys into a container*
 - Children are learning better coordination and building strength in arms and hands
- *Stack things and knock them over*
 - Children are learning about gravity and balancing
- *Rolling or throwing a ball back and forth*
 - Children are learning upper body coordination and following directions
- *Reading a story*
 - Children are learning memory-building, order of events, matching pictures to actions and how to tell their own stories
- *Playing with other children*
 - Children are learning about culture and how to interact with the people around them
- *Giving hugs*
 - Children are learning muscle control and appropriate physical affection.

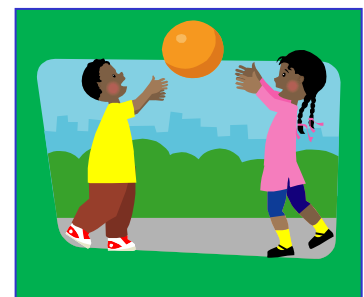
It is important for us to model for children, not only what good behaviors are but how to do things appropriately. Encourage the children around you to play and try new things because everything is a learning experience for a child!



Look and listen for parent tips and messages in your local newspaper and radio station!



Reply to amuller@hamiltoncountymhsb.org with subjects or tips you want to hear more about!



You & Me Parent Education Gatherings



Helping You and Your Child
Grow as a Family!

"You & Me!" is a monthly gathering in Hamilton, Humboldt, and Wright counties for parents and their children. These gatherings are FREE and will include activities for parents and children, snacks, prizes, and transportation assistance if needed. "You & Me!" gatherings are designed for parents with children ages 0-5.

TOPICS

"Be a Lifetime Dad" A good male role model is so important in a child's life. Guys come and learn from "Lifetime Dads" how important you are to a child's life and their success. Moms are welcome too!

"Books, teachers, and kindergarten. Oh My!" Find out what you need to know to get your child ready for kindergarten or preschool and what you need to know for the big first day!

Questions or Comments? Contact Amy Muller at amuller@hamiltoncountymhsb.org or call

May "You & Me"

Humboldt from 6:30-7:30

May 20th: "Be a Lifetime Dad"

Eagle Grove from 5:30-7:00

May 19th: "Books, teachers, and kindergarten. Oh My!"

Locations

Eagle Grove

United Methodist Church

421 W. Broadway St.

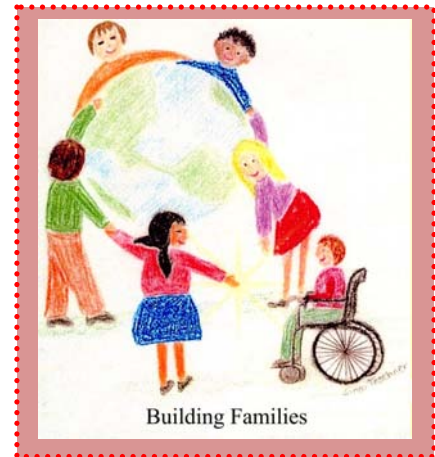
Eagle Grove

Humboldt Library

Children's Area

30 6th St. N

Humboldt



C.A.R.E.S.

Become involved in a program that helps you develop a community support network, develop effective parenting skills, and help you meet personal goals.

Anyone in the community can be involved. Keeping children safe is everyone's business and community members are also welcomed to support families in their community.

If you have any questions call Kim Mohr at 515-890-1128.

Humboldt

May 12th at United Methodist Church from 5:00-7:30

Meal included. Free Child Care.

Webster City

May 8th and May 22nd at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care.

Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at amuller@hamiltoncountymhsb.org

What Parenting Style are YOU?

Parents	The Children are likely to...
<p style="text-align: center;"><i>The Enforcers (Authoritarian Parents)</i></p> <ul style="list-style-type: none"> • Adult Centered- Hierarchical • Focus on external standards of conduct • Value obedience • Rarely compromise • Respect for authority as a top concern • May use force or control 	<p style="text-align: center;"><i>The impact of the Enforcer Parent</i></p> <ul style="list-style-type: none"> • Do well in school • Do not engage in anti-social activities (gangs, vandalism, severe substance abuse) • Are more anxious, withdrawn, higher on depression scores • Exhibit low ability to manage frustration • Have less confidence socially
<p style="text-align: center;">Parents</p> <p style="text-align: center;"><i>The Yielders (Permissive Parents)</i></p> <ul style="list-style-type: none"> • Child is at the center • Often Warm with few limits • Accept and often affirm child's desires and demands • Few behavioral expectations • Avoid Confrontation • Lenient 	<p style="text-align: center;"><i>The impact of the Yielder Parent</i></p> <ul style="list-style-type: none"> • Show creative expression • Have poor emotional regulation and high impulsivity • Have higher rates of school drop out • Become hostile or uncooperative when challenged • Do not persist in challenging tasks • Experiment with antisocial behaviors and conform to peers • Exhibit dependence on others
<p style="text-align: center;"><i>The Negotiator (Authoritative Parents)</i></p> <ul style="list-style-type: none"> • Clearly defined expectations and follow through • Warm and nurturing • Flexible and open to increasing autonomy and decision- making • Emphasize mutual respect • Demandingness with warmth 	<p style="text-align: center;"><i>The impact of the Negotiator Parent</i></p> <ul style="list-style-type: none"> • Self-confidence about skills • Well-developed emotional regulation • Positive social skills • Less rigid gender-type traits • Positive self-esteem • High performance at school

- Information used from ISU Extension

