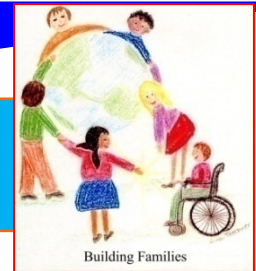


Building Families Empowerment

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



## Parenting Pal- November

### How Thankful Are You?

Thanksgiving is a time for big dinners and family get-togethers. It's a time for pumpkin pie and pilgrim talk. But it's also a time for reflection. Sometimes, that's a hard concept for kids to grasp.

Don't forget to include some thanks in your Thanksgiving. Even the youngest children can participate with this easy project, which we've dubbed A Hat Full of Thankful.

Think of the hat as a thought-collector of sorts. Here's how it works. Find your stiffest head topper—bowler, cowboy, top hat—any hat will do as long as it's not too soft. Place it upside-down on a table in the entryway of your home and surround it with a stack of index cards and a cluster of colored pens. As each guest arrives, take their coats and point them towards the hat. Ask them to write down at least one thing for which they're thankful. Younger kids may need a little bit of help, but anyone is old enough to know what makes them happy.

Once everyone has finished, collect the hat. Then at some point during dinner, pass it around the table and have each person reach in for a card and read it aloud. Listen up. We guarantee some of the things will surprise you!

by education.com

### Ways You can Help your Child be Thankful

Everyday Counts- Not just holidays

Be a Role Model- Be thankful for the things you have and not what you don't

Giving not getting -Give back to the Community *with* your children

It's not just material things-hugs and smiles are something to be thankful for too

Be thankful to others-Show others you are thankful to them or for them

Focus on the positive-so many of us focus on what is going *wrong*, well what is going *right*?!

For more ways to help your child be thankful visit the Building Families website at [buildingfamilies.net](http://buildingfamilies.net) for more articles and websites on the Parent Pal page!

### Enchilada Extravaganza

CARES is having a fundraiser and making dinner easy! We are selling homemade, made from scratch, authentic Mexican enchiladas. You can buy 6 enchiladas for \$8.00 or 12 enchiladas for \$15.00.

We will be selling these wonderful meals until November 10th so order NOW!

Contact

515-297-1103

Ask for Barbara. Pick up will be at Asbury Methodist Church on November 15th from 3-5pm



## Parent Education



Helping You and Your Child  
Grow as a Family!



### Parenting with Support

Building Families is holding a young parents support group at the Presbyterian Church in Clarion. It will be held from then on from 5:30-7:30 every second and fourth Thursday of the month from September to May.

Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller if you would like to participate.

Dates at the Presbyterian Church:

November 13<sup>th</sup>

You can find past Parent Pals, learn about our programs, and read our newsletter on our website

<http://www.buildingfamilies.net/>

### 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 welcomed to support families in their community.

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

November 10<sup>th</sup> and 24<sup>th</sup> from 5:00-7:30. Meal included. Free Child Care provided.

Webster City

November 13<sup>th</sup> at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care provided.

In-home learning visits are available for parents. Please call Amy Muller at 515-832-1791 to schedule in-home visits to help parents with discipline, support, and to find out what other services are available to

Thursday,  
October  
30th

Starting at  
5:30

Stratford  
Elementary  
Library

Dinner will  
be served  
at 6:45

Dinner and  
child care  
will be  
provided  
for free.

*Positive Solutions for Families* is being offered at Stratford Elementary. This series discusses building relationships, positive encouragement, making clear expectations, managing anger, routines and much more!

The first of six sessions will be offered October 30th. Come to all or the ones you can make!

Sponsored by Building Families, Prevent Child Abuse Iowa, and Stratford Community School District

October 30th

November 20th

December 4th

# TIME OUT. DOES IT WORK FOR YOU?

Time out is a popular behavior management technique used millions of times each day. Yet parents and child care providers are perplexed why “time out” is not delivering the results as it promised. Let me describe a typical “time out” as it is used today:

1. The behavior is stopped.
2. An adult describes to the child what they’ve done that is unacceptable. “Hitting your brother is not O.K.” “You know climbing on the counter is a no, no!” “That truck is not yours, give it back. I think you need a time out.”
3. The child is told he/she must go to “time out” - someplace away from the action and sit quietly for a specified amount of time. The rule of thumb being one minute for every year of age.

Sounds easy, so what’s the problem? Like many behavior approaches, time out, used this way will work in the short run. It will stop the action for the moment, but it does little more. **We use ‘time out’ to change behavior now but we also want it to change in the future.**

Parent educator, Madelyn Swift, helps us explain this problem. Over time, the users of ‘time out’ have moved it out of the disciplinary strategy category and into the punishment category. Time out is one of the most popular, yet misunderstood and misused behavior management techniques. We seem to have gotten off track. We were taught to use ‘time out’ with a child for any misbehavior. It’s popular because we didn’t have to think. As parents we get tired of thinking. It was easy to use!

The question to ask is **“What do we teach the child in ‘time out’?”** **Time out was meant to help a child calm down when they were upset.** Yet ‘time out’ is used not only for upset children but for all who have misbehaved. What we end up teaching a child is “I can do something to you when you do something I don’t like.” This puts ‘time out’ into punishment. - Doing something to someone.

Originally ‘time out’ was devised for children who were upset. It was a gift of Time and Space. It taught a very important **life-long** principle. When you are real upset, you have the right to do absolutely nothing. What you need to do first is calm down. We have adults who don’t understand this critical principle. People are killed frequently in cases of domestic violence because they have not learned to do nothing and calm down first.

‘Time out’ also addresses the fact that when children are real upset (as with adults) adrenaline increases, and shuts down the left hand portion of the brain which is the seat for ration, reason, thinking and language. ‘Time out’ allows the “thinking” person to return.

We have gotten confused over the years with the use of ‘time out’. ‘Time out’ is a pre-discipline tool which needs to be followed by discipline and/or problem solving. We need to rethink our discipline techniques. **‘Time out’ is a concept, not a place.** We need to take time to stop, question what our discipline techniques are teaching the child. Look at the life- long principles we are teaching. What we chose to teach our child, tells them who we are. It speaks to our own integrity.

Janet Brown

ISU Extension

