



For parents of elementary students,
provided by Boone County Step Ahead

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Ten Tips for Parents

Source-Ohio State University CES

***Use Genuine Encounter Moments (GEMS)**

The self-esteem of children is greatly influenced by the quality of time spent with them, not the amount. Busy lives cause many parents to think about the next thing they have to do instead of focusing attention on their children. If children don't receive GEMS throughout the day, they may misbehave – feeling that negative attention is better than no attention.

***Actions speak louder than words**

Statistics reveal children receive over 2000 compliance requests a day. As a result, many become parent deaf. Instead of nagging or yelling, search for an action.

***Give children appropriate ways to feel power**

If parents don't, children will find inappropriate ways to feel their power. Ways to help them feel powerful are to ask their advice, give them choices, ask for their help with household tasks – even if you can do these tasks yourself with less hassle.

***Use natural consequences**

When parents consistently interfere in situations, they rob children of learning opportunities. Allow consequences to do the talking.

***Use logical consequences**

Often the natural consequences may be too severe or too far into the future to be practical. When this is the case, logical

consequences are effective. It is important for consequences to be logically related to the behavior in order for them to work.

***Withdraw from conflict**

If a child is throwing a temper tantrum to test the patience of their parents, or speaks disrespectfully, parents should leave the room and tell the child when he wants to “try again” to come to talk. Don't leave in anger or defeat.

***Separate the deed from the doer**

Help a child to recognize what it is about her behavior that is inappropriate or intolerable. The behavior may be wrong, but the child still needs to feel loved, no matter what they may do.

***Be consistent, follow through**

Children need to have a consistent message sent to them. It is equally important to follow through. If a child knows that they are not to have candy after 8 p.m., do not give in to their pleas.

***Parent with “the end in mind”**

Most parents look for the expedient solution. This often results in children who feel overpowered. It is important to keep in mind the way parents want their children to be as adults and be more thoughtful in the way they parent.

***Be kind and firm at the same time**

Parents often get frustrated when their children do not comply or behave. As parents, it is very important to remain as calm as possible. Being firm doesn't require yelling.

Kids Helping at Home

Source: A+ Parenting – Henry County CES

Your children may be able to help with household chores. Here are some good reasons for the whole family to help. Each person can do a small part. As a parent, you can get more done. Children have good ideas to share. Children can learn new skills. Find a chore your child can do. Think about your child's age and abilities. Here are some ideas:

Ages 6-7

- Make bed
- Sweep kitchen
- Clean bathroom sink
- Water plants

Ages 8-10

- Wash sink and toilet
- Learn to sew on a button
- Mop the floor
- Help wash clothes
- Clean out a drawer

Ages 11-12

- Make own breakfast
- Pack family lunches
- Help serve meals
- Do the family wash
- Cut the grass, with supervision

Here are some other ideas for kids to help at home:

- Set the table for dinner
- Return play items/toys to proper location
- Hang up clothes
- Hang up towels in the bathroom

Remember to say “thanks” for jobs well done.



Healthy Snacks for Kids

Source: www.vegkitchen.com

Easy Cheesy Breadsticks

Combine:

- 1 # bag of enriched pizza dough (refrigerator section of supermarket)
- 1 cup pre-shredded cheddar cheese
- _ cup wheat germ

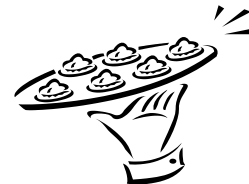
Work the ingredients together well with floured hands. Turn the dough out onto a well-floured board and divide into twelve balls. Roll each into a log about _ inch in diameter. Bake at 450 degrees for 10 to 12 minutes, or until golden.

Peanut Butter Balls

Combine in a food processor:

- _ cup raisins
- _ cup reduced-fat creamy peanut butter
- _ cup non-fat powdered milk
- _ cup semi-sweet chocolate chips

Process until the mixture is completely blended together and begins sticking together as a mass. Transfer into a bowl and roll into balls about _ inch in diameter.



Personal Allowances

Source-Kansas State University CES

Both adults and children should have some money for a personal allowance. This spending should be a personal choice, not accountable to other family members.

Allowances also may include money for clothing, personal care, recreation and school expenses, which are included in the family budget.