

Raising Great Kids



OCTOBER

Discipline

The word *discipline* comes from a Latin word which means *to teach*. As a parent, you are a teacher. Every time you discipline your child, you are teaching. The way you discipline your child will help him learn. Here are three ways you can discipline:

1. Nurturing Your Child. Children learn best when they know they are wanted, loved, and supported ~ no matter what. This is where you need to put most of your effort. Some ideas for nurturing your child are:

- ★ love your child, no matter what he does
- ★ listen to your child
- ★ tell him when you like what he does
- ★ expect the best from your child and let him know that
- ★ make sure your child is safe ~ emotionally and physically
- ★ be a good role model



2. Guiding Your Child. Your child needs you to teach him how to act, to help him manage his feelings and learn responsibility. It is important that you have rules about how he should behave, and what will happen if the rules are broken. Some ideas for you:

- ★ help your child learn to solve problems
- ★ show him how to do things
- ★ take him away from situations he can't handle
- ★ help him learn to calm down, e.g., deep breathing
- ★ help him prepare for difficult situations, e.g., a sick family pet that is going to die
- ★ say "yes" when you can, and "no" when you need to

Safety Scoop

Young children are exposed to violence against kids such as abductions, murder, and abuse. Your child may react very strongly to things he sees or hears. Here are some tips to help you discuss your child's thoughts and feelings about violence with him.

- 👉 Be honest with your child. Give information in a way he can understand.
- 👉 Limit your child's exposure to violent videos, movies and computer games.
- 👉 Review safety precautions and practice routines for emergencies. Teach your child to go to an adult if he feels threatened. **Z**

3. Correcting Your Child. Earlier, we talked about letting your child know what will happen if a rule is broken. When he misbehaves, try to handle the misbehavior in a way that will help him learn how to behave in the future. Some ways you can do this are:

- ★ let him safely experience the consequences of his actions, e.g., not being able to play with his friends or losing a privilege, like watching TV
- ★ scold him firmly, yet lovingly
- ★ if he damaged something, let him fix it if he can

Discipline teaches your child how to behave now, and to control his behavior in the future. **Z**



Did You Know?

Did you know that you can teach your preschooler values?

- ★ Teach him to take turns and to share.
- ★ Teach him that others have feelings like his own.
- ★ Give him a chance to entertain/help younger children.
- ★ Allow him to care for his surroundings, e.g., pick up trash/leaves, help sort the trash. **Z**

Q My four-year-old son has started hitting other children. I don't like it. Is he too aggressive? How can I stop him from getting worse?

Aggression often increases as children grow from toddlers to preschoolers. This is because they have a hard time controlling their feelings. They are not able to handle their frustrations and anger in a better way. They may know that they are supposed to “use their words,” but it’s hard for them to do so when they’re upset. Preschoolers are just beginning to develop a sense of compassion. They don’t immediately think that hitting another child hurts him. What can you do?

- ★ Help your child separate fantasy play from hurting. Explain to him that it hurts someone when he hits them. Ask him how it feels when someone hits him. If he starts hitting with a toy, explain that toys are for playing with, not for hitting people. Take the toy away if he continues to use it as a weapon.
- ★ Emphasize the difference between feelings and actions. Tell your child it’s okay for him to be angry, but it’s not okay to hurt other people or the pet.
- ★ If you are present, separate the child from the person he hits. When you’re alone with him, talk about what happened. Help him come up with other ways of handling the situation, e.g., telling an adult, taking turns.



With proper guidance, your preschooler will learn appropriate ways of handling his feelings. **Z**

Source: *Family Information Services*, February & March, 2000.



Goblin Squares

- 2 cups cooked pumpkin
- 1/2 cup sugar
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1/2 gallon nonfat or lowfat vanilla frozen yogurt
- 4 dozen vanilla wafers

Combine pumpkin, sugar and spices in a medium bowl; stir in yogurt. Line bottom of a cake pan (9x13x2” or smaller) with vanilla wafers. Pour 1/2 of the pumpkin mixture over the vanilla wafers. Repeat layers and freeze. To serve remove from freezer, let set at room temperature for 5 minutes and cut into squares. **Z**

Source: Swinney, Bridget, MS, RD, “Healthy Food for Healthy Kids,” 1999.

Kids Can Help

Children can bring, measure and place ingredients in bowl and stir. They can line the cake pan with vanilla wafers and pour mixture over the top.



All children must be supervised when they are in the kitchen.

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