



Effective Parenting

BACK-TO-SCHOOL

Parenting

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WE ALL REMEMBER THE MIXTURE OF EMOTIONS THAT GOING BACK TO SCHOOL OFTEN BRINGS. YOU'RE ANXIOUS AND EXCITED, BUT DISAPPOINTED THAT SUMMER'S OVER ALL AT THE SAME TIME. WHETHER THE SUNNY SEASON WAS JAMPACKED WITH ACTIVITIES FROM START TO FINISH, OR FILLED WITH COMPLAINTS THAT THEY WERE BORED TO TEARS WITH NOTHING TO DO, MANY KIDS OF ALL AGES HAVE A HARD TIME MAKING THE TRANSITION FROM POOL TO SCHOOL. AS A PARENT THERE ARE PROACTIVE STEPS YOU CAN TAKE TO SUPPORT YOUR CHILD AS HE OR SHE HEADS BACK TO SCHOOL.

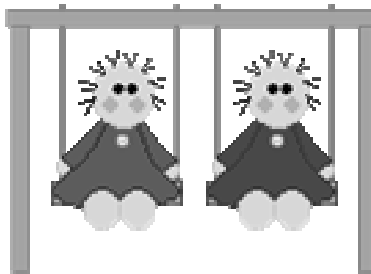
- BE INTERESTED AND ENTHUSIASTIC ABOUT THE START OF THE SCHOOL YEAR. IF YOU ARE CONFIDENT AND EXCITED, YOUR CHILD WILL BE TOO.

- TAKE TIME TO LISTEN TO YOUR CHILD AND DISCUSS ASPECTS OF THE NEW SCHOOL THAT HE OR SHE IS WORRIED ABOUT. HIS OR HER NEW EXPERIENCES.
- PRAISE AND ENCOURAGE YOUR CHILD TO BECOME INVOLVED WITH SCHOOL ACTIVITIES AND TRY NEW THINGS.
- REMEMBER TO LET YOUR CHILD KNOW THAT IT'S NORMAL TO FEEL NERVOUS ABOUT THE START OF SCHOOL... OR HER SURROUNDINGS MORE COMFORTABLE.

ANXIETY AND STRESS ABOUT STARTING SCHOOL IS NORMAL

FOR A CHILD AND USUALLY PASSES WITHIN THE FIRST FEW DAYS OR WEEKS.

IF YOUR CHILD CONTINUES TO SEEM ANXIOUS OR STRESSED, IT MAY BE TIME TO SEEK HELP. TALK TO YOUR CHILD'S TEACHER AND/OR FAMILY PHYSICIAN ABOUT WHAT YOU CAN DO AS A PARENT. IF PROBLEMS PERSIST, CONSIDER A REFERRAL TO A TRAINED AND QUALIFIED MENTAL HEALTH PROFESSIONAL.



HOMework HINTS

ASK YOUR CHILDREN TO SHOW YOU THEIR HOMEWORK AFTER THE TEACHER RETURNS IT, TO LEARN WHERE THEY'RE HAVING TROUBLE AND WHERE THEY'RE DOING WELL. SEE IF YOUR CHILDREN DID THE WORK CORRECTLY.

REMEMBER, YOU AND THEIR TEACHERS WANT THE SAME THING—TO HELP YOUR CHILDREN LEARN.

DON'T DO YOUR CHILDREN'S WORK FOR THEM. HELP THEM LEARN HOW TO DO IT THEMSELVES.

SHOW YOUR CHILDREN THAT YOU THINK HOMEWORK IS IMPORTANT. IF YOU ARE AT WORK DURING HOMEWORK TIME, ASK TO SEE THEIR WORK WHEN YOU GET HOME.

PRAISE YOUR CHILDREN FOR DOING WELL. MAKE PRAISE A HABIT.

MAINTAIN A PORTFOLIO OF "BEST PIECES."

HELP OLDER STUDENTS ORGANIZE THEIR ASSIGNMENTS BY RECORDING THEM ON CALENDARS OR PLANNERS, ALONG WITH DUE DATES, DATES TURNED IN, ETC.

BACKPACK SAFETY

ALTHOUGH MANY FACTORS MAY LEAD TO BACK PAIN—INCREASED PARTICIPATION IN SPORTS OR EXERCISE, POOR POSTURE WHILE SITTING, AND LONG PERIODS OF INACTIVITY—SOME CHILDREN HAVE BACKACHES BECAUSE THEY'RE LUGGING AROUND THEIR ENTIRE LOCKER'S WORTH OF BOOKS, SCHOOL SUPPLIES, AND ASSORTED PERSONAL ITEMS ALL DAY LONG. BUT MOST DOCTORS AND PHYSICAL THERAPISTS RECOMMEND THAT KIDS CARRY NO MORE THAN 10% TO 15% OF THEIR BODY WEIGHT IN THEIR PACKS.



KIDS WHO WEAR THEIR BACKPACKS OVER JUST ONE SHOULDER—AS MANY KIDS DO, BECAUSE THEY THINK IT LOOKS BETTER—MAY END UP LEANING TO ONE SIDE TO OFFSET THE EXTRA WEIGHT. THEY MIGHT DEVELOP LOWER AND UPPER BACK PAIN AND STRAIN THEIR SHOULDERS AND NECK. IMPROPER BACKPACK USE CAN ALSO LEAD TO POOR POSTURE. GIRLS AND YOUNGER CHILDREN MAY BE ESPECIALLY AT RISK FOR BACKPACK-RELATED INJURIES BECAUSE THEY'RE SMALLER AND MAY CARRY LOADS THAT ARE HEAVIER IN PROPORTION TO THEIR BODY WEIGHT.

HERE ARE SOME EASY STEPS YOUR CHILD CAN TAKE TO PREVENT INJURY WHEN USING A BACKPACK:

LIGHTEN THE LOAD. NO MATTER HOW WELL-DESIGNED THE BACKPACK, DOCTORS RECOMMEND THAT CHILDREN CARRY PACKS OF NO MORE THAN 10% TO 15% OF THEIR BODY WEIGHT—BUT LESS IS ALWAYS BETTER.

MAKE SURE YOUR CHILD ISN'T TOTING UNNECESSARY ITEMS.

ENCOURAGE YOUR CHILD TO BRING HOME ONLY THE BOOKS THAT ARE NEEDED ACCORDING TO THE H.W SCHEDULE SENT HOME.

SPOILED CHILDREN

THE MAIN CAUSE OF SPOILED CHILDREN IS LENIENT, PERMISSIVE PARENTING. PERMISSIVE PARENTS DON'T SET LIMITS AND THEY GIVE IN TO TANTRUMS AND WHINING. IF PARENTS GIVE A CHILD TOO MUCH POWER, THE CHILD WILL BECOME MORE SELF-CENTERED. SUCH PARENTS ALSO RESCUE THE CHILD FROM NORMAL FRUSTRATIONS. SOMETIMES A CHILD IS CARED FOR BY A NANNY OR BABY SITTER WHO SPOILS THE CHILD BY PROVIDING CONSTANT ENTERTAINMENT AND BY GIVING IN TO UNREALISTIC DEMANDS.



THE REASON SOME PARENTS ARE TOO LENIENT IS THAT THEY CONFUSE THE CHILD'S NEEDS WITH HIS WISHES. THEY DON'T WANT TO HURT THEIR CHILD'S FEELINGS OR HEAR HIM CRY. THEY MAY CHOOSE THE SHORT-TERM SOLUTION OF DOING WHATEVER PREVENTS CRYING WHICH, IN THE LONG RUN, CAUSES MORE CRYING.

THERE MAY BE A SMALL EPIDEMIC OF SPOILING EVERYWHERE BECAUSE SOME WORKING PARENTS FEEL GUILTY ABOUT NOT HAVING ENOUGH TIME FOR THEIR CHILDREN. TO MAKE UP FOR THIS, THEY SPEND THEIR FREE TIME TOGETHER TRYING TO AVOID THE FRICTION THAT SETTING LIMITS MIGHT CAUSE.

THE DIFFERENCE BETWEEN GIVING CHILDREN THE ATTENTION THEY NEED AND SPOILING THEM CAN BE UNCLEAR. IN GENERAL, ATTENTION IS GOOD FOR CHILDREN. HOWEVER, IT CAN BECOME HARMFUL IF IT IS EXCESSIVE, GIVEN AT THE WRONG TIME, OR ALWAYS GIVEN IMMEDIATELY. ATTENTION FROM A PARENT IS EXCESSIVE IF IT INTERFERES WITH A CHILD'S LEARNING TO DO THINGS FOR HIMSELF AND DEAL WITH LIFE'S FRUSTRATIONS. GIVING ATTENTION WHEN YOU ARE BUSY BECAUSE YOUR CHILD DEMANDS IT IS AN EXAMPLE OF GIVING ATTENTION AT THE WRONG TIME. ANOTHER EXAMPLE IS WHEN A CHILD IS THROWING A TANTRUM AND NEEDS TO BE IGNORED. IF ATTENTION IS ALWAYS GIVEN IMMEDIATELY, YOUR CHILD WON'T LEARN TO WAIT.

AT SCHOOL, SPOILED CHILDREN FACE LOTS OF PROBLEMS. OTHER CHILDREN DO NOT LIKE THEM BECAUSE THEY ARE TOO BOSSY AND SELFISH. ADULTS DO NOT LIKE THEM BECAUSE THEY ARE RUDE AND MAKE EXCESSIVE DEMANDS. EVENTUALLY SPOILED CHILDREN BECOME HARD FOR EVEN THEIR PARENTS TO LOVE BECAUSE OF THEIR BEHAVIOR. BECAUSE THEY DON'T GET ALONG WELL WITH OTHER CHILDREN AND ADULTS, SPOILED CHILDREN EVENTUALLY BECOME UNHAPPY. THEY MAY SHOW DECREASED MOTIVATION AND PERSEVERANCE IN THEIR SCHOOL WORK. OVERALL, SPOILING A CHILD PREPARES A CHILD POORLY FOR LIFE IN THE REAL WORLD.

EMOTIONAL + SPIRITUAL EDUCATION

MOSTLY, TEACHERS GET FRUSTRATED WITH HOW UNPREPARED THEIR STUDENTS ARE—AND THEY DON'T MEAN ACADEMICALLY. MANY PARENTS LEAVE THE JOB OF SPIRITUAL, CHARACTER, AND SOCIAL/EMOTIONAL EDUCATION TO THE TEACHER. NO TEACHER CAN'T DO IT ALL IN ADDITION TO TEACHING ACADEMIC SKILLS.

HERE SOME TIPS:

1. CREATE A SMOOTH TAKEOFF EACH DAY. GIVE YOUR CHILD A HUG BEFORE S/HE VENTURES OUT THE DOOR AND YOU HEAD TO WORK. LOOK HIM/HER IN THE EYE, AND TELL HIM/HER HOW PROUD YOU ARE OF HIM/HER.
2. PREPARE FOR A HAPPY LANDING AT THE END OF THE DAY WHEN YOU RECONVENE. SPEND 10-20 MINUTES LISTENING TO YOUR CHILD TALK ABOUT HIS/HER DAY.
3. HAVE YOUR MAIN MEAL AT A REASONABLE HOUR. A WELL-BALANCED DIET MAXIMIZES YOUR CHILD'S LEARNING POTENTIAL.
4. INCLUDE CALM, PEACEFUL TIMES IN YOUR CHILDREN'S AFTERNOONS AND EVENINGS.
5. REMEMBER IT'S YOUR CHILDREN'S HOMEWORK, NOT YOURS. ENCOURAGE EDITING AND DOUBLE-CHECKING WORK, BUT ALLOW YOUR KIDS TO MAKE MISTAKES. IT'S ALSO HOW CHILDREN LEARN RESPONSIBILITY FOR THE QUALITY OF THEIR WORK.
6. FILL YOUR CHILD'S LIFE WITH A LOVE FOR LEARNING BY SHOWING HIM/HER YOUR OWN CURIOSITY, RESPECTING HIS/HER QUESTIONS, AND ENCOURAGING HIS/HER EFFORTS.



Our Purpose

Understanding how stressful life is and living in a demanding community, we offer busy parents some effective tips to help your children succeed in school and life. On your behalf, we search for and provide you with the most practical ideas to promote academic success, effective parenting, a solid home-and-school partnership, healthy habits, and positive character traits.