



Your Family Friend

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www.doorcountyfamilycenters.com (920) 856-6616 Toll Free 1-800-856-1651

Discipline: It's All About Teaching

As a general rule, the word *discipline* evokes images of strict, intense, harsh punishment. Actually, the word “discipline” comes from the Latin word “disciplineare” which means “to teach.” When we discipline our children, our purpose should always be to **teach** rather than to punish. While punishing a child may relieve your anger or frustration for a short period, it does nothing to help your child change the behavior.

There is a current term which more accurately describes the purpose of discipline. This term is “behavior guidance.” When we work thoughtfully and consciously to guide our children’s behavior, we effect change in their lives and ours. Rather than simply tell children what not to do, we teach them how to replace inappropriate behaviors with appropriate ones. When applied with love and compassion, behavior guidance takes us back to the original meaning of discipline: **to teach**. Continue reading for more helpful information.

This Issue
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www.backtowellness.org
 We thank Dr. Luke and Dawn Staudenmaier and staff for their support!

Strategies for Infants

As children grow and develop, their brains grow and develop as well. Children from birth to two years of age have simply not developed sufficiently to understand if you attempt to discipline with verbal reasoning or reprimands. In addition, yelling is fairly ineffective as infants will not understand the words, even if you are yelling at them. Passive discipline is best when dealing with babies. Be sure to childproof the environment to create a safe place for exploration and discovery. If a child should attempt to do or play with something potentially hazardous, remove them from the situation with a firm “no”. For more information:

www.answers.com/topic/discipline

Family Centers Sponsors New Program!



Hands Reaching Out
Teen Parent Monthly Support Meetings

Promoting wellness and positive attitudes towards a healthy pregnancy, gentle birth experience, successful breastfeeding and parenting skills.

When: Every 3rd Saturday of the month
Time: 10:00am - Open
Where: Hope United Church of Christ Social Hall
Location: 141 S.12th Ave, Sturgeon Bay, WI.
Hand in Hand Teen Pregnancy Support Agency team members will host a variety of guest speakers.
www.doorcountydoula.com
Contact: Kathy Tellstrom, CD,CLD,CPD, DIP CBEd(CBI)
kathyt@doorcountyfamilycenters.com or (920) 743-6955



Keeping Your Cool With a Toddler by Karen Corekin

Toddlers, usually defined as children from the ages of 18 months to three years, have their own very specific needs when it comes to behavior guidance. Toddlers have reached a stage of development in which they learn by exploring the world through their senses. If a toddler finds an activity enjoyable, she/he may repeat it many times in order to learn and understand how everything works. This is the age in which toddlers begin to test the limits of their personal power, over and over again. Now is when children learn that they are able to say "NO." As a parent or teacher/caregiver, this can be very frustrating because it seems as though a child is being purposely defiant. It is very important to remember that this is a normal and

vital part of children's development. Try to be as patient as possible; it won't last forever!

This stage of development offers many opportunities for teaching and behavior guidance. Don't forget that toddlers are not yet able to understand reason or logic and can generally only grasp **one very simple direction at a time.** When giving your toddler a verbal direction, make it simple, positive and concrete, and follow with praise and hugs. ("Please give me the truck. Now give me the doll. Thank you for being such a great clean-up helper!")

Behavior guidance is NOT effective if you deal with your toddler in an angry way; although you may be feeling it. (See sidebar at right.) Calmly remove toddlers from hazardous situations

with a firm "no." Try to avoid yelling, as young children will tune it out. Toddlers respond well to a "low and slow" voice. It is not necessary to correct every little behavior. Evaluate your own tolerance level and see which behaviors (except safety hazards) you can simply ignore, while praising and rewarding appropriate behaviors. Don't forget to be consistent with what you ignore! With patience and preparation, the toddler years can bring great rewards!

Things to Do When You Are Angry With Your Child:

- 1) **Take several deep breaths.**
- 2) **Step out of the room (if it safe to leave your child.)**
- 3) **Drink a glass of water.**
- 4) **Splash water on your face.**

Don't attempt to deal with your child until you are calm.

For specific questions about behavior guidance for children 0-5, the Family Center's *Early Childhood Program Coordinator and Parent Educator*, Karen Corekin, would be happy to offer ideas and resources.

Please call (920) 854-4244 or email: karen@doorcountyfamilycenters.com

Should I Spank or Hit My Child?

Research tells us that spanking or hitting children (corporal punishment) is the single biggest indicator of inappropriate behavior. In other words, hitting children makes their behavior worse, not better. **The only thing hitting your children teaches them is how to hit. For more information call:**

The Beauty of Offering Choices by Karen Corekin

One of the most effective behavior guidance techniques to use with young children is offering choices. If your child is behaving inappropriately or refusing to comply with your request, this is the perfect moment to offer a choice.

For example, your child is refusing to get ready for bed. Rather than get into a struggle, simply give her a choice. "Would you like a snack before or after you do your homework?" by giving your child a choice, she feels

she has some control and will be more likely to cooperate.

Your child is standing in a chair and refuses to get down. "Can you climb down by yourself, or should I help you get down?" It is very important that you are prepared to offer two choices with which you are comfortable and respect the choice your child makes. Be sure you are not angry when you offer choices. This technique is very effective when you are calm and relaxed with your child.



August Wisniewski is having fun at the Sister Bay Family Centers Parent's Day Out held 3/17.

Behavior Guidance and Your Teenager

In the same way toddlers attempt to exert their growing sense of independence, so teens are developing their own identities. Often this manifests in rebellious behaviors and testing your rules and limits. This is a time during which you will need to try some new discipline techniques. While it is important to continue to set firm limits, you can also allow your teenager to have more freedom as he/she begins to explore this new sense of self. Try to limit rules to the most important of issues like driving safety, drug and alcohol use, curfews, and household responsibilities.

According to keepkidshealthy.com the following are some tips for

effectively guiding the behavior of your teen:

- Offer choices as often as possible.
- Avoid power struggles.
- Try to negotiate with your teen over some of the more unimportant rules.
- Be very clear about your expectations.
- Decrease the number of rules.

Further, there are some strategies that are effective for improving behavior of children in the teen years. Allow teens to see the **natural consequences** of their actions (if he leaves his bike outside and it is stolen, he will not have the bike to ride), **logical consequences** (if she doesn't fill the

car with gas, she isn't allowed to use it) and **withholding privileges** (take away things that your child enjoys for misbehaviors.)

Strive for good communication with your teen. Listen without interrupting and respect that his problems are serious to him, though they seem small to you. When your child makes some wrong choices, it will allow her to take some responsibility for solving her own problems.

Above all, be a good role model for your teen.



Is It Time For a Time Out? by Karen Corekin



A time out, when used correctly, is also a very effective behavior guidance technique. The important thing to remember is that time out is **not** a punishment. It is actually just what it says—a moment to take time out of whatever is occurring. When you calmly ask your child to take a time out, you are helping your child to learn to control his/her own behavior by stepping away from a stressful situation in order to calm down. Here are some helpful tips for using time out:

- Time out is **not at all effective with children under the age of three**. Children under three are not yet able to understand why they are there.
- Establish a “time out place.” Since this is not a punishment, it can be a comfortable place like a couch or comfy chair.
- A child should remain in time out no longer than 1 minute times the child’s age (3 years = 3 minutes). Any longer and the child forgets why she/he is there.
- Once the time out is done, talk to the child to be sure he/she understands why you gave the time out and ask the child to reassure you she/he is able to be calm.
- Use time out as a last resort and try not to overuse it as it will lose its effectiveness.

Discipline with Grandma and Grandpa

The issue of grandparents disciplining their grandchildren can become a bone of contention in families. Open communication between parents and grandparents is the key to peaceful and healthy relationships among the generations.

Parents: Be clear and firm with your child’s grandparents

regarding how you wish your children to be disciplined. Be open to suggestions from your parents if you feel they have helpful ideas to share.

Grandparents: Respect your children’s choices regarding discipline of your grandchildren. If you feel your children are not using appropriate discipline techniques,

offer your guidance and experience, only if your children are open to it. The attitude with which you offer advice can make the difference in how it is taken.

For more info:

www.thelaboroflove.com/articles





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DO YOU HAVE AN IDEA FOR AN EVENT OR PROGRAM? Contact any of the staff members to let us know!

The mission of the Family Centers of Door County is to Strengthen and Support Families and Communities.

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In an effort to reduce mailing costs for the Family Centers we will only be sending issues via USPS to participants upon request. With 2000 households on our mailing list we want to ensure that if we send a hard copy to you that is not being discarded and that you want to receive it.

If you want us to send you bi-monthly hard copies please give us a call or drop us a line and we will add your name to our mailing list.

As always, this publication (and previous issues of Your Family Friend) are available on our website. www.doorcountyfamilycenters.com
You can easily download a copy and print it off for future reference or to pass along to a friend. In addition, all of our events are listed along with program details. We will be upgrading our event notification service very soon. If you are currently receiving our notices, watch your inbox for details. If you do not currently receive our e-mail notices, send us a note event@doorcountyfamilycenters.com and we'll add your name to our e-mail notification address book.



Washington Island Family Center
Washington Island Recreation Center
847-2226

Sister Bay Family Center
Northern Door Children's Center
854-4244

Fish Creek Family Center
Northern Door YMCA
868-3660

Sturgeon Bay Family Center
Sturgeon Bay YMCA
743-4949

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1592 State Hwy 42. - Maplewood
856-6616 or 1-800-856-1651

