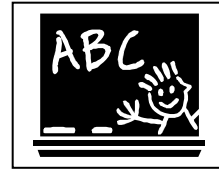


# **Parenting 101: How to Help Your Child**

## **September 2008 Edition**

### **Jen Hegerty, School Counselor**



Welcome Back! I am Mrs. Jen Hegerty, School Counselor at Brookside and Wilson Hill Schools. I have been a school counselor for 7 years in Worthington and love it. I go into the classrooms and teacher guidance lessons on understanding feelings, managing emotions, problem solving, bullying and teasing, and safety and care through the Worthington Safe School Kit. I also run groups for children in my buildings, **new student group**, **chicken little group** (worrying and anxiety), **friends group** (friendship skills and problem solving), **girlfriend group** (bullying and relational aggression), **volcano group** (anger), **study skills group**, **good grief group** with support from Riverside Hospice Outreach Program, and **family changes group** (divorce, remarriage, separation, or any relationship termination). If you ever need to reach me about a concern or problem or even just need to pick my brain for resources, I can be reached easiest by email: [jhegerty@worthington.k12.oh.us](mailto:jhegerty@worthington.k12.oh.us). Currently I am at Wilson Hill on Mondays, Wednesdays, and Fridays and Brookside on Tuesdays, and Thursdays.

### **Where's your manners and word of the month program.**

In Worthington Schools we, celebrate the word of the month program in collaboration with the group Citizens for Characters and Citizenship and Circle of Grandparents. You will see signs around town and in school displaying this. This year we have added the manner of the month to the mix to help students practice their manners. Help us help you by practicing the manner of the month at home. Ask your student to use their manners and wait for them to say what they want or need by saying it appropriate.

### **Manner of the Month: May I? Please? And Thank You!**

#### **Word of the Month: Respect**

1. Treating others the way you want to be treated.
2. Showing kindness and consideration.
3. Liking you enough to be yourself.
4. Accepting others for who they are.

#### **Let's get talkin' about Respect: Family Discussions**

For older grade kiddos (3-6):

1. Bullies are often trying to make people "respect" them. Is this really respect, or is it fear and what is the difference?
2. How is bullying and violent behavior an act of disrespect?
3. Write about a time when you were disrespectful to someone. Why did it happen? Was it the right thing to do? What were the consequences?
4. How does being disrespectful make the other person feel? What did you learn from the experience?

- Describe three things you could do to be a more respectful person. How would that affect your relationships with others?
- How does it benefit you to be a respectful person?

For younger grade kiddos K-2:

- How can I show respect to others?
- What can I do to be respectful at home and school?
- Who do you know is respectful and why? Give examples.
- Why are saying please and thank you respectful words?
- How do I like to be treated at school?
- How do I treat others at school? (In Search of Character <http://www.drmikethomson.com> )

## **Getting into the Groove: Homework!**

Here are some tips I found that may be helpful to you:

- Set up a homework spot in your home.** If you are limited in space, then set up a basket or box with all the supplies that are needed and bring them to the table where homework is done.
- Set up a schedule with your child's help.** Some kids need to come home and have a breather before starting their work. Talk to your kids and then help them put a schedule together so homework isn't a hassle.
- Make sure your child is doing the work.** Parents have already gone to school so answer their questions, give examples, and let them do the work. If it becomes a power struggle, talk to the teacher about it and set up a plan. It may be that all you have to do is say, "If do your homework, then you can play." **If, Then or When, Then** statements put it back on the child to make the choice. ([www.kidshealth.org](http://www.kidshealth.org) )

## **Battling the Teasing or Bullying**

Teasing hurts feelings while bullying can hurt for a lifetime. We talk about bullying in classroom lesson starting as young as first grade. Story books are read about it and discussed in first grade, movies and stories are read in 2<sup>nd</sup> and 3<sup>rd</sup> grade while 4<sup>th</sup>-6<sup>th</sup> complete The Steps To Respect units on the different types of bullying.

Here are some tips that I found have made a difference:

- Avoid a teaser or bully by using the buddy system.** Make sure you are with a classmate whenever you are around the bully. Bullies like to single out their victims so buddy up and do the same for someone else.
- Role play with your child how to stand up to the bully.** This is a great help so that your child will gain confidence on how to be assertive and speak up. Model simple statements to say to the bully like, "Stop! That's Bullying" or "If you don't stop then I am going to tell."
- Report bullying.** Have your child remember to tell the teacher who did it, what happened, and where and when it happened. Also tell what was done try to stop it too.
- Ignore the bully by acting bored.** Practice at home looking the part of being bored of the bullying. Talk to your child about how bullies crave FAT: Fear by the victim and bystanders, Attention from an audience, and Things given to them. By acting bored, your child can starve the bully! ([www.kidshealth.org](http://www.kidshealth.org) ) (Steps to Respect [www.cfchildren.org](http://www.cfchildren.org) ) (Jim Bisenius presentation: [www.bullyproofingyouth.com](http://www.bullyproofingyouth.com) )

## **Growing Up: Development and Changes of Age Five and Six**

As children grow and develop, we as parents see certain behaviors and marvel over them. Here are some highlights that maybe going on in your kid's life:

Age 5: Five maybe well organized but by Five and a Half, they change.

- They maybe brash and combative one minute and hesitant and dawdling and indecisive the next.
- They maybe affectionate now; antagonistic later.
- They're over demanding and explosive in the morning; delightful, cooperative, and polite this afternoon.

What's happening? Nothing. This is a time to talk about behaviors, praise the good choices, talk about and redo the bad choices. Practice and model what you expect back to Five and Five will understand what is appropriate.

Age 6: Six is a year of transition physically and mentally.

- Teeth start falling out and body chemistry is changing. Make sure Six gets plenty of rest and good food to eat so Six isn't prone to illness.
- Physical growth and lots of energy? You might notice symptoms of Six such as wiggling, swinging legs, bites nails, makes faces, chews like a puppy on pencils, hair, shirt collar. Six is doing some of these things to let of steam from the intensity of the day. Punishment won't help; understanding, ignoring, or replacing nervous habits with an appropriate one is the best practice.
- Unexplained fears. Don't be surprised by Six if Six refuses to go to school or afraid to go to bed, or something else. Because of profound growth and changes in the nervous system, feelings of worrying, scared, frightened may be more pronounced. Spend time talking about the fears and setting up a plan to handle them. ([www.growingchildren.org](http://www.growingchildren.org))

Next month: Ages Seven and Eight!

## **'Tween Years: Growth and Development of Age Nine and Ten**

Age Nine: Physical Growth on the Rise.

- You may see Nine's appetite improve and even out. If Nine is ravenously hungry after school, make sure there a good food choices to pick from. Nine may be having difficulty with table manners and hygiene. Nine may know what is expected at the dinner table but may forget. Reminders help alleviate battles and arguments.
- Nine maybe having nightmares. Nightmares tend to be related to general anxiety of this age. To help Nine steer clear of frightening or disturbing movies, shows, or books. This will help Nine's imagination and sleep patterns. Also getting 10 hours of sleep will help Nine function better at school and home.
- Nine needs responsibility. Nine may not be the neatest person with clothing, rarely hanging up coats or putting dirty laundry in the hamper without a reminder. Help nine remember routines and organize clothing so Nine comes to school clean and clothes are hung up after being worn or washed.
- Nine loves to plan and may be persistent about completing plans. To enhance Nine's emotional sense of security by encouraging this planning urge, talk about family plans, set up a family calendar, and help Nine organize plans accordingly. (<http://childparenting.about.com>)

Age Ten: Brain food needed.

- Girl Tens maybe taller and weigh more than Boy Tens. This is typical since Girl Tens maybe starting to show signs of early puberty.
- Ten enjoys being with friends and often have a “best friend” or also know as BFF. Be supportive and watchful of friendships. Help Ten learn good qualities of friends and discuss situations happening in Ten’s friendship. This will help Ten make friendship choices that are good for Ten.
- Ten needs some activity. Get Ten involved in some physical activity outside of school. Team and group activities help build Ten’s social skills as well as stay active.
- Talk family expectations with the opposite sex. Ten maybe showing off, teasing, or acting silly as a way to get attention. Test driving teen behaviors maybe starting. Encourage healthy friendly relationships and nipping boy/girl dating relationships is appropriate for Ten. (<http://health.yahoo.com/children-resources>)

Next month: Age Eleven and Twelve!