

Good consequences

Behaving well and working hard pay off! Help your child see the results of her efforts—you'll find yourself scolding her less often as she learns self-discipline.

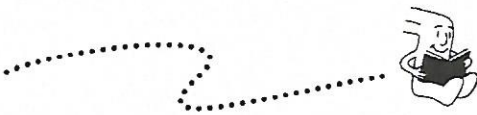
Tie good behavior to nice outcomes.

If your youngster is quiet when you're on the phone, you might say, "You were so patient while I made that call. Would you like to play a game now?" Or when she goes to bed without a struggle, point out how energetic she seems the next morning.



Recognize success. Maybe you'd like your child's room to be neater. Tell her that if she keeps it clean for a month, you'll help her rearrange or redecorate it. By that time, picking up will probably be a habit. And she'll enjoy her room so much that she'll be motivated to keep it that way.

Tip: Try not to use rewards like toys or food. You'll train your youngster to expect something in exchange for behaving well. Plus, offering food as a reward can lead to unhealthy eating habits.♥



Ready, set, pretend!

No matter how old your youngster is, pretending can boost her creativity and teach her to think abstractly. Try these activities:



- Ask your child to close her eyes and imagine she's a person she has studied (explorer, inventor) or that she's visiting a place she has learned about (White House, rain forest). Encourage her to describe what she sees, hears, and smells. In the rain forest, for example, she might see colorful birds, hear monkeys howling, and smell damp leaves.

- Pick a random object (sponge). Have each family member list creative uses for it (pincushion, hamster tumbling mat, ice pack). After three minutes, compare your lists. The person with the most ideas gets to pick the next item.♥

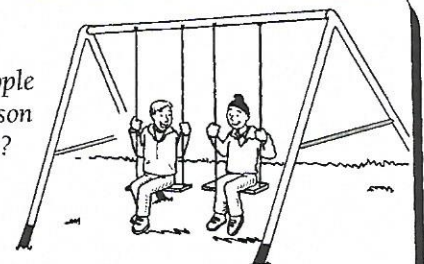
Q & A Respect differences

Q: We recently moved to an area where people speak several different languages, and our son has a lot of questions. How should we answer him?

A: It's great that your son is being exposed to a variety of cultures. You can use his curiosity to help him learn about respecting differences.

Explain that in many parts of the United States, people speak different languages, eat different foods, and wear different clothing than your family does. At the same time, they do many of the same things (play at the park, watch movies).

To help him understand, ask him to name one classmate who speaks English and one who speaks another language. Have him tell you something he has in common with each child (skateboarding, wearing sneakers) and one thing that they don't share (number of siblings, language spoken at home). He'll discover that language is just one of the many things that makes a person similar to or different from him.♥



PARENT TO PARENT

Talking to kids about money

My children were always asking to buy things such as dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my subway

fare, the electric bill, and the taxes taken out of my paycheck. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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