

Parenting Young Children – City of Rock Hill Lunch and Learn Session 1/26/2012

Event Description: *Toddler Tribulations? Kid Questions? Choosing Child-Care? Here's your chance to ask a Child Psychologist during this Lunch and Learn session. After a brief presentation on issues that parents of younger children face, Dr. Cheryl Fortner-Wood will entertain questions from the audience.*

Keys for parents: **Clear Communication, Consistent Consequences, and Providing Predictability**
Whatever plan you try, commit fully and give it at least 6-8 weeks

Questions from attendees

What is the best way to handle problem behavior?

- <http://www.interventioncentral.org/behavioral-interventions>
- Dr. Alice Honig (for NAEYC) [Love & Learn: Positive Guidance for Young Children](#)
- <http://www.zerotothree.org/child-development/challenging-behavior/tips-tools-challenging-behaviors.html>

Where can I find good information about attention deficit disorder?

- www.interventioncentral.org
- www.nasponline.org
 - www.nasponline.org/resources/principals/nassp_adhd.aspx
- www.russellbarkley.org/
 - www.russellbarkley.org/content/adhd-facts.pdf

How can I help my preschooler adjust to separation from me?

- What to do:
 - Before you go, tell the child the order of fun activities she/he will participate in with the caregiver
 - Play a game with child and caregiver before leaving
 - Be sure she/he has a favorite comfort object
 - Always say "goodbye" (never sneak out)
- www.zerotothree.org/child-development/challenging-behavior/cautious-slow-to-warm-up.html#relatives
- *The Kissing Hand* by Audrey Penn (Tanglewood Press)

What do I do if my child hurts herself when she has to do something she doesn't want to?

- What to do:
 - Make sure they can't hurt themselves, then ignore the behavior
 - Acknowledge your child's feelings, offer a fun activity to do when they are done, then leave let the behavior run its course (inconspicuously monitoring)
 - Later, when she or he is calm, talk about emotions and brainstorm ideas of ways she or he can cope with emotions
- www.zerotothree.org/child-development/challenging-behavior/qa/when-my-2-year-old-gets-angry.html

How can I help my child prepare for the transition to elementary school?

- What to do:
 - Schedule a personal tour of the school with the child in the spring or summer
 - Discuss what she/he will learn, the fun activities the child will enjoy and new friends she/he will make
 - Share some of your own favorite kindergarten stories, ask other family members to share their stories, read books
 - Take advantage of open house
 - Volunteer
 - Walk your child in on that first day or first few weeks
 - Come for lunch

- <http://www.rock-hill.k12.sc.us/>
- From the U.S. Department of Education (www2.ed.gov/parents/academic/involve/schoolbox/booklet3/checklist_pg4.html)
Visit the school and learn as much as you can about:
 - How to enroll your child in kindergarten; What forms must be completed; What immunization and dental records are required; What the kindergarten program includes; When the school is closed for holidays and administrative activities; What the bus schedule is; What meals and food are available; What after-school care is available; What volunteer opportunities there are for parents; and What outside activities your child can participate in.
- Kindergarten to 1st grade: www.naeyc.org/files/naeyc/file/BacktoSchool/K%20Today%20chapter%2014.pdf

How can I encourage more cooperation and less aggression among my children?

- What to do:
 - Make a BIG deal out of cooperation
 - When possible, ignore problem behavior
 - Offer opportunities to cooperate (joint decisions)
 - Don't play favorites
 - Problem solve together (you may not agree with their decision but that's ok)
 - Look for patterns of problem behavior
 - Don't yell or lecture, it won't help
 - It doesn't matter who started it
 - Brainstorm solutions during calm times
 - Separate *sometimes*
 - Plan fun for all
- <http://www.med.umich.edu/yourchild/topics/sibriv.htm>

Talk about step-parenting and discipline.

- What to do:
 - Understand the complexity of emotions, loyalties, and relationships; absence of legal relationship, time, experience, age of child; children's lack of control; conflict between co-parents; benefits of positive marriage
 - Nurture the couple relationship
 - Understand and reconcile or share emotions
 - Be realistic and positive
 - Develop new roles (from: <http://www.stepfamilies.info/faq.php>)
 - *"Generally, it is recommended to begin the relationship as a friend. Custodial stepparents need to develop a type of parenting role.*
 - *Neither authoritarian nor permissive discipline seems to work as well in a stepfamily as democratic discipline."*
- <http://www.stepfamilies.info/>
- <http://www.med.umich.edu/yourchild/topics/steppar.htm>

What should I look for in choosing a child care setting?

- National Association for the Education of Young Children (NAEYC) *A Guide for Families: Using NAEYC Standards to Find Quality Programs for Young Children*

How do I know if my child is on track developmentally?

- www.med.umich.edu/yourchild/topics/devemile.htm#mile

Here are some great parenting websites

- **Parenting Resources:** www.med.umich.edu/yourchild/topics/parent.htm
- **American Academy of Pediatrics:** www.healthychildren.org
- **National Association for the Education of Young Children:** www.naeyc.org/
- And other links at: <http://faculty.winthrop.edu/fortnerc>

For more information, contact Dr. Fortner-Wood directly at FortnerC@Winthrop.edu or 803/323-2641.