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

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

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