



PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE

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Fighting not Allowed

Young children rarely fight in the first few years of life. But some children, as they get older, will react to frustration by fighting, hitting, teasing, calling names, or using bad language. This the way they show or express their feelings. Children that are always fighting and bullying are in trouble. They are usually feared and disliked by other children and adults.

They often find themselves more and more left out, which makes them angrier and even more ready to fight.

Whether children continue to fight depends very much on how their parents and caregivers handle the situation. It is important to set firm limits and indicate disapproval of that kind of behavior without getting violent about it.

Children need to know what the rules for behavior are – and to know exactly what happens if those rules are broken.

Parents need to watch their own behavior as well. If children hear shouting and see fighting at home, they will tend to do the same thing in their play and other activities.

Some parents don't recognize that they behave in this way until they see their children imitating them. And for parents who have always been shouters, name callers and hitters, changing may be difficult.

No matter how difficult it seems, the effort to change this pattern is worthwhile. It can help spare children a lifetime of frustration and difficulty.

Source: Growing Together, Vol. 16 No. 10

Reward Vs. Bribe

What's the difference between a reward and a bribe?

A reward is offered ahead of time, before a child is asked to do something. For example, a child may be promised a reward if she helps her parent bag leaves. For the child the reward reinforces her good behavior.

A bribe, on the other hand, is used to encourage a child to do something she has already refused to do. A parent might offer a candy bar to the child who has refused to clean up her room, for example. Bribes tend to teach a child that she can get what she wants by refusing to cooperate.

Fortunately, for many young children the best reward for a job well done is an adult's praise. The more attention and praise you dispense for good behavior, the more good behavior you'll see.

Save the rewards for special occasions. By thinking ahead, you can do away with bribes altogether.

Source: Growing Together, Vol. 16 No. 6

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Parent Corner ---

Parent Report Card – How Do You Measure Up?

Parents of school age children are familiar with report cards evaluating their child's strengths and weaknesses in school, but what accountability standards do parents have? Take a moment to grade yourself as a parent on the following items. Use the following to evaluate yourself:

- A – always
- B – most times
- C – sometimes
- D – occasionally
- F – rarely or never

Parent Report Card

I talk with and listen to my child daily.

A B C D F

I praise my child's efforts and achievements.

A B C D F

I read or listen to my child read fifteen minutes each day.

A B C D F

I build self discipline habits in my child's behavior.

A B C D F

I encourage my child to complete small tasks that are his/her "chores".

A B C D F

I frequently communicate the importance of learning and encourage my child to try new things.

A B C D F

I communicate with my child's teacher or child care provider on a regular basis.

A B C D F

I monitor and limit my child's television viewing.

A B C D F

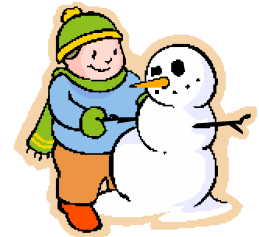
I am involved in my child's activities.

A B C D F

Source: Adapted from article by former Supt. of Public Instruction, H. Dean Evans

Fun Winter Activities

**Let your child mix dry lemon and cherry gelatin powders together while pointing out the colors yellow and red. Add water and stir. How did the colors change? What is the new color?



**Let your child go outside and make two snowballs. Place each one in a paper cup. Then place one cup outside and one cup inside. Together, observe the two snowballs and discuss what is happening to them. Ask, "Why is the snow melting inside, but not outside?"

**Help your child use a table knife to spread peanut butter all over a pine cone. Then roll the pine cone in birdseed. Use a piece of yarn to hang it outside for the birds to enjoy.

Health Tip:

Remember to wash your hands often during the flu season. Hand washing is a good health habit for all through the year.

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