

## NEWSLETTER OCTOBER 2011

Hi all,

I had a very positive response to my September newsletter. It seems that most parents enjoy reading about practical ways to deal with problematic situations. In this issue I



will carry on with this process in order to help you get your mind around the job of parenting. I need to emphasise that your child must be made aware that they are never being punished. Rather, they are just taking the consequences for bad choices that they make. The moment that a parent uses the word 'punish' the child sees its parents as being unfair, especially when they don't fully understand the reason for their punishment. Often, for a relatively minor incident, there is a huge over-reaction

from the parent as they have now had enough. The punishment usually results from an accumulation of various incidents that have now become 'too much' for the parent.

Always give your child a choice and here are a few examples on how to do this:

- Your 2 year old wants a cool drink. You ask the child whether they'd like half a glass or a full glass. The usual reply would be for a full glass. You then pour a full glass. When they are unable to finish, you then tell them that choosing a full glass was a bad choice and this means that next time they'd only get half a glass. The fact that they made the choice means that they will accept the consequences.



- Your six year old has a party to go to one morning but insists on wearing her new dress for the party the moment she wakes up. You know that if she does, her dress will be dirty by party time. All you need to do in order to resolve the problem is to give her the following choice; she can wear the dress now but all this means is that she wants to wear her old dress to the party. This works like a charm.
- Your child insists that you dress them every morning before school. Simple, tell him/her

that you're too busy to dress them but that they don't have to worry as they can go to school in their pyjamas. You'd take their school clothes to school and the teacher can dress them. It's their choice.

- Your child wants to carry on watching TV at bed-time. Tell them that they can carry on watching TV but the TV will be switched off and no story when they come to bed, or they can come to bed and get their story.



By allowing your child to make choices helps you to stay calm and in control. Be sure to spell out clearly the consequences of their bad choice e.g. your child wants yoghurt, he needs to ask. You then spell out the conditions regarding the eating of the yoghurt. He has to finish the tub, clean the mess and throw the tub away. If he chooses not to finish or throw the tub in the rubbish bin means that he doesn't want to watch TV that night. Always act surprised when they make bad choices and emphasise that you just can't understand why he's

making that choice.

Parents often believe that they are disciplining their children by having rules and structures. However if the consequences for choosing to break a rule are not clearly spelt out, there's bound to be conflict.

Next month I'll be giving some more tips on how to handle problematic situations. Feel free to contact me if you're having any difficulties in dealing with your child.

### Pre-Primary schools update

Another cheese and wine was held for pre-primary owners and principals and although we had a small turnout, the guest speakers gave a convincing talk and presentation as to the effectiveness of the **Parenting 911** approach. Tina Jones, the principal of Snuggles Pre-primary School has fully implemented Kensway into her school. All her teachers have been trained and the improvements experienced with difficult children in the school have been quite significant. I intend having my next cheese and wine for teachers and principals of junior and pre-primary schools on Wednesday 2<sup>nd</sup> November, 2011. Present will be a guest from the UK who is very keen to introduce **Kensway** to parents in Britain. Interested principals can contact me by e-mail [ken@kensway.co.za](mailto:ken@kensway.co.za)

### Workshops



**Parenting 911** workshops are run on a regular basis. It is a one session 3 hour workshop where parents are given practical tools whereby they can manage their children in a calm, consistent and credible manner. Consult the Google calendar on my website [www.kensway.co.za](http://www.kensway.co.za) for dates. Workshops are also done on demand and large groups are catered for.

Enjoy the warm weather, and I'd love to hear from you.

Until next time, enjoy your parenting

Ken