

MARCH 2011 NEWSLETTER

Update

February has been a very hectic month for me. I had a very successful trip to Cape Town where I did two presentations to teacher groups as well as a large one-off workshop to about 70 parents. I am busy organising a return visit in early May and if any of you Capetonians are interested in attending a workshop please contact Bianca at info@kensway.co.za.

Parenting 911 is having an impact on all manner of childhood behaviours and problems and report back from parents who have successfully implemented the programme report quite dramatic changes in both the home and school environment. I would like to touch on and discuss an issue which often proves a nightmare for thousands of parents.

Encopresis (soiling) and Enuresis (bed-wetting)

Soiling and bed-wetting in children who are potty trained generates enormous anxiety in parents of these children, especially the mothers who tend to end up as well-trained bloodhounds spending half of their life sniffing out for that tell-tale smell. Often becoming totally neurotic by spending most of their day asking their child if they ‘want to make a poo’, or if they’ve made a poo. I would say that in virtually 95% or more of these cases there is no medical issue that’s causing the problem. I know of one parent who has spent over R80000 on medical bills trying to get to the bottom of why her 5 year old refuses to use the toilet. Virtually all of these children are healthy children.

I have no doubt that once the medical side indicates no problem then there has to be an emotional reason usually caused by some underlying anxiety. However, whatever the reason, soiling clothing and underwear is a choice. These children know exactly what they’re doing. The problem is what are the consequences? I have had a 100% success rate in all children that I’ve been involved with, so, what’s the solution?

Parents are advised that to take a step back and calm down, managing the problem rather than reacting to it. In most cases the parents who have experienced the **Parenting 911 programme** and understand the mindset that’s required are able to deal with this problem with the minimum of fuss. When the child is brought to me with the parents I tell the child that from now on they can poo as often as they like in their pants and that nobody’s going to get upset with them. All I do is make clear to them what this choice means and that is that they’ll have to clean the mess and flush it down the toilet on their own, they’ll have to wash the soiled clothes as well without help and clean themselves up on their own. It must be made clear to them that they are making a choice and this is what the choice means. The important thing is that all the adults have to be calm and confused as to why the little one is making this choice. This

choice could also mean that they want to be a baby which then means that they can't play with their toys but they don't have to worry as mom will buy them baby toys such as a rattle. Babies also don't watch TV and they wear baby grows. Parents can act quite excited that they've got another baby in the house and that nappies are going to have to be worn instead of their regular clothes. It must be made clear that they're not being punished but rather just making bad choices which you as a parent just can't understand why. Never get upset and ensure that you take things in your stride. Pooing could also mean that once they have cleaned up the mess they're choosing to stay in their room for the rest of the day as babies spend most of their day playing in their rooms. Their toys are confiscated and you can buy a few baby toys to play with until such time that they choose not to soil.

All mothers out there who do not have direct access to me are welcome to contact me by phone or e-mail ken@kensway.co.za and I'll help you to deal with this problem.

Enuresis or bed-wetting is also an interesting problem and I have also had a great deal of success with this problem. Again it is important to have the child medically checked in order to rule out any medical reason for the problem. Like soiling, in virtually all cases there does not seem to be a medical reason. My theory is that initially when a child wets itself there is a nice warm feeling which very rapidly becomes uncomfortable. All they then need to do is shout 'ma' and what follows is usually a great deal of fuss and attention. In most cases that I've come across mom then does everything, changes the sheet, helps the child dry itself, gives the child clean pyjamas, changes the bed linen and places all the soiled items in the wash. The kid is chilled. He's got a reasonable amount of attention, albeit negative, and there have been virtually no consequences that he owns. Again, parents have to deal with this situation calmly and ensure that the child owns the problem. You need to let the child know that if he/she chooses to wee in the bed it means that he/she has to be fully responsible for changing the bedding, taking out clean pyjamas, washing the soiled pyjamas and most importantly not waking you up. All these consequences have to be pre-empted before the child goes to bed so that he understands exactly what the consequences are before the event. It does seem strange that because they appear to be asleep when they wee how this can be an obvious choice. I don't think that it's an obvious choice but I do believe that the feeling to make a wee may have the effect of waking them but then they just can't be bothered to get out of bed and why should they if mom's going to be around in an instant to handle all the consequences. Also the amount of anxiety that this problem evokes in parents definitely seems to exacerbate the problem.

With both of these problems, when parents are able to stay calm and in control there is a definite change leading to the elimination of the problem. Implementing all the structures that are given in the **Parenting 911** workshop has a calming effect on the parents who feel in control and confident in most situations.

As we are trying to make **Parenting 911** affordable, a number of different options are available to parents;

Option 1: Large groups (20 or more participants) 1 off 3 hour session usually organised by schools.

R500 per participant and includes the manual.

Second session by request – R700 per 3 hour session claimable from medical aid.

Option 2: 1 off one-on-one 2-3 hour session R1850 per couple (excl. manual, cost of manual R80). 2nd session by request R600. All these fees are claimable from medical aids

Option 3: 1 off 2-3 hour session up to 6 participants R1750 per couple or R1000 single (excluding manual). 2nd session by request R700 per couple. These fees are medical aid claimable

Option 4: 'We're no Angels' for parents with children up to the age of 11. This is a 2 session interactive workshop for up to 14 participants – R2500 per couple, R1800 single and includes the manual. These fees are medical aid claimable. Each session is of 2-3 hour duration with the second session following not less than a week after the 1st.

Option 5: 'Rebels with Causes' for parents of teenagers. This is a 3 session workshop for up to 12 participants. Teenagers participate in sessions 2 and 3. R3150 per couple or R2450 single and includes the manual. These fees are medical aid claimable. Each session is of 2 – 3 hours duration

The **Parenting 911** manual is now available for R80 as an e attachment. This is a very practical and easy to implement guide to parenting and is mainly targeted at parents who live in areas outside of Johannesburg and Cape Town where the workshops are not accessible.

It is strongly recommended that you visit our website on www.kensway.co.za and read some of our very interesting and enlightening newsletters that are attached. Any queries can be relayed to Ken directly through the website.

Please feel free to contact me any time if you're having issues with your kids and you're not sure how to deal with it.

REMINDER: The **Parenting 911 manual** is available as an e attachment at a cost of R80.

'Til next time, enjoy your parenting!

Ken