



Parenting Playground

brought to you by
Child Development Council
609 West Clinton Street, Ithaca, NY 14850
(607) 273-0259
www.ChildDevelopmentCouncil.org
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Helping Children Develop Their Self Control

There is no one way to guide children. Some excellent tools for parents and other caregivers are offered in the website <http://main.zerotothree.org>. Keep in mind that “when it comes to teaching self-control, there are no one-size-fits-all answers.”

Your observation skills are a key factor. Try to really look at what the child’s behavior is trying to communicate:

- Physical/Emotional State:** Is the child sick/healthy, hungry or tired?
- Temperament:** Are transitions difficult?
- Situational/Environmental:** New sibling, loss of pet, relatives visiting?
- Challenging Transitions:** Coming/going to daycare, activities?
- Time of Day:** Before naptime, going home?
- Specific People:** Different/same personalities



You can be a wonderful facilitator when you share your observations. Children’s self-awareness and self-control develop over time with numerous repetitions of a caregiver explaining socially acceptable behavior. Redirection also helps. “It’s not okay to throw blocks. Someone may get hurt. Let’s throw some pillows instead.”

A common practice is to provide one minute of time-out for each year of life. However, time –outs are fairly ineffective with children aged 2 and 3 according to the National Center for Infants, Toddlers, and Families. The procedure actually increases many children’s distress levels. Recognizing the child’s feeling or goal with words and gestures is more effective. Communicating calmly and reassuringly can help him/her learn from the situation. “I know when we play outside you always like to go on the slide first, and sometimes you hit other children. That is not okay. Why don’t we sit together and watch how the other children share the slide?”

Give positive feedback when a child demonstrates self-control. “You stomped your feet when you were mad rather than hitting. Great job!” Generally, children who have self-esteem demonstrate acceptable behavior. As children mature, you will be able to discuss what happened and brainstorm alternatives.

Be consistent. If the rules change frequently, children are prevented from making good choices. If one day, s/he screams and gets to have the toy, but the next day it doesn’t work, then a child becomes confused about how to behave.

Teach alternatives. If your child likes to dump his/her sippy cup, give your child some other cups and water in a bucket to explore the behavior of liquid.

Lastly, give opportunities to practice self-control. Try turn-taking games such as sharing musical instruments. Set a timer for one minute and have children switch instruments. Do this several times.

Substituting an acceptable behavior for an unacceptable behavior is critical for developing self-control. Parents and childcare providers are powerful role models who can guide children to function well in school and life.

Emergencies Happen... **RENT, CAR REPAIRS, MEDICAL BILLS and CHILD CARE!**



PARENTS HAVE TO MAKE
HARD CHOICES ...

When you need emergency help to pay your child care bill

Contact:

Child Development Council

273-0259

If you live in the City of Ithaca, a one-time emergency child care scholarship may help your family through a tough time.

You may also apply if you live or work in Tompkins County.

Funding for this project has been provided by the City of Ithaca Community Development Block Grant Program, and other public and private donations.

Need a car seat or a safety check?

The Tompkins County Sheriff's office recently received a grant from the Governor's Traffic Safety Committee to continue the Office's participation in the statewide Child Passenger Safety Program.

The grant provides money to purchase child safety seats to replace old seats and provide seats to Tompkins County residents that cannot afford them.

The Sheriff's Office routinely schedules monthly child safety seat inspections.

Oct. 10 Dryden Fire Station 10 am – 2 pm

Oct. 30 McDonald's in Dryden 1 – 3 pm

If you need to have your child safety seat checked, be shown how to properly use or install a seat, and/or are in need of a new seat, contact the Sheriff's Office at 257-1345 for an appointment or to inquire about upcoming safety inspections.

CANDIDATES' FORUM

New York State Senate and Assembly

Thursday, October 7, 2010 7 - 9 p.m.

BorgWarner Community Room

Tompkins County Public Library, Corner of Green and Cayuga Sts., Ithaca

Free and Open to the Public

Democratic Assemblywoman Barbara Lifton - Republican Tom Reynolds

Democrat Pamela Mackesey - Republican Tom O'Mara

Sponsors: Tompkins County League of Women Voters, The Ithaca Journal and Tompkins County Public Library.

VOTE

Tuesday, November 2, 2010 Polls Open 6 am - 9 pm

Show the children how it's done. Take them with you into the voting site.

Governor of New York, and many other offices - local, state and national - will be decided.

Go to www.votetompkins.com for information on specific races, primaries, candidates.