



Prevention by the Pound

Child Abuse Prevention Coordinating Council
of Humboldt County

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Parenting- It's a Tough Job

Job Description for a Parent

Job Description: Long-term player needed for challenging, permanent work in chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work evenings and weekends and frequent 24-hour shifts. There is some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in faraway cities. Travel expenses are not reimbursed.

Responsibilities: Must keep this job for the rest of your life. Must be willing to be hated, at least temporarily. Must be willing to bite tongue repeatedly. Must possess the physical stamina of a pack mule. Must be willing to tackle stimulating technical challenges such as gadget repair, sluggish toilets and stuck zippers. Must handle assembly and product safety testing, as well as floor maintenance and janitorial work. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and levels of mentality. Must be willing to be indispensable one minute and an embarrassment the next. Must assume final, complete accountability for the quality of the end product.



Advancement: There is no advancement potential. Your job is to remain in the same position for years, without complaining or retraining so that those in your charge can ultimately surpass you.

Previous Experience: None required, but on the job training is offered on a continually exhausting basis.

Wages: None. In fact, you must pay those in your charge, offering frequent wages and bonuses. A balloon payment is due when they turn 18 and attend college. When you die, you give them whatever income you have left.

From www.coldwatercafe.com



Here's to the Kids who are Different

Here's to the kids who are different-
The kids who don't always get A's,
The kids who have ears twice the size
of their peers,
Or noses that go on for days.

The kids they all tease
Who have cuts on their knees and
Whose sneakers are constantly wet.

Here's to the kids who are different-
The kids with the mischievous streak
For when they have grown
As history has shown,
It's their difference
That makes them unique.

Tips on Surviving the Early Weeks with a Baby

- Get as much rest as possible. Sleep when the baby sleeps, and moms and dads take turns sleeping late on weekend mornings.
- Eat nutritious meals. If a neighbor or friend offers to help, ask him or her to bring you dinner or do your grocery shopping.
- Join a parenting group. You will learn about caring for your baby, and you will meet other parents who share your interests and concerns.
- Don't expect too much from yourself. Housework won't always get done, but eventually you will get back to a routine.
- Call your doctor or clinic with any questions or concerns you may have. This will save you from needless worry.
- Visitors can be helpful, but don't let them interrupt your rest or your family time together.
- Dads -- don't let mothers have all the fun. Spend lots of time caring for and playing with your baby. The rewards are great!
- Be sure your infant receives necessary immunizations and visits to the doctor as required.
- If you have older children, be sure to let them know every day that you love them.
- If you find yourself getting frustrated and angry with your baby, call for help. Ask a friend, neighbor, or relative to take care of the baby while you take a break.

Have fun with your baby.

The early weeks can be the basis for a lifetime of loving and sharing!

Dealing With Temper Tantrums

What's Happening

Two- and three-year-olds have many skills, but controlling their tempers is not one of them. Tantrums are common at this age because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.

What You Might Be Seeing

Normal toddlers:

- Love to say “no!” “mine!” and “do it myself!”
- Test rules over and over to see how parents will react
- Are not yet ready to share
- Need lots of fun activities, play times, and opportunities to explore
- Respond well to a routine for sleeping and eating (a regular schedule)
- Like to imitate grownups and to “help” mom and dad



What You Can Do

It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:

- *Direct your child's attention to something else. (“Wow, look at that fire engine!”)*
- *Give your child a choice in small matters. (“Do you want to eat peas or carrots?”)*
- *Stick to a daily routine that balances fun activities with enough rest and healthy food.*
- *Anticipate when your child will be disappointed. (“We are going to buy groceries for dinner. We won't be buying cookies, but you can help me pick out some fruit for later.”)*
- *Praise your child when he or she shows self-control and expresses feelings with words.*

If you cannot prevent the tantrum, here are some tips for dealing with it:

- *Say what you expect from your child and have confidence that your child will behave.*
- *Remain calm. You are a role model for your child.*
- *Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.*
- *Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.*
- *Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.*
- *Resist overreacting to tantrums and try to keep your sense of humor.*

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control, too.

Setting Rules With Teens

What's Happening

Teens may look (and think that they are) full grown, but their brains are still growing and their hormones are changing.

This can affect:

Decision-making—Teens make mature decisions at times and childish ones at other times.

Risk-taking—Brain immaturity can result in impulsive or risky behavior.

Relationships—Teens move a little further away from family and a little closer to friends.



What You Might Be Seeing

Crave independence

Question rules and authority

Test limits

Can be forgetful

Have good days and bad days

Drive you crazy

Make you proud

What You Can Do

As a parent, you want to set rules to keep your teenagers safe and healthy and to teach them to get along in the world. While it may be tempting to keep your teen in line by setting strict rules and harsh consequences, your teen is likely to respond by becoming angry and more defiant.

Tips to keep in mind:

- *Involve teenagers in setting the rules. They may be more likely to follow them.*
- *Talk about the reasons behind the rules and what you expect from them.*
- *Choose your battles, and try to provide choices in the matters that are less important. For instance, you might let your daughter pick her own hairstyle if she comes home on time.*
- *Make sure your teens understand the consequences ahead of time. What will happen if they break the rules?*
- *Set consequences that are related to the behavior, and be consistent in following through. Ask teenagers to help decide what the consequences will be if they break the rules.*
- *Do not make consequences so harsh that you or your teen can't follow through. Consider taking away privileges, limiting time with friends, or assigning extra chores.*
- *Allow your teens to gradually earn more freedom.*
- *Get to know your teen's friends and their parents, and let them know your rules and expectations.*

Cheer your teens on when they follow the rules! And make sure they know you love and accept them, even when they're not perfect.

From www.preventchildabuse.org

Discipline = Teaching

All children are special.
All children have needs.
All children need to know they are loved.

Show that you care. Give your children hugs and kisses often. Children need physical comfort and contact. Feeling safe and loved at home is important for children. Do you remember the childhood chant “sticks and stones may break my bones, but words will never hurt me”? Children use it to protect themselves against being hurt. It doesn’t work. Words can hurt and they do. But just as words can hurt, words can also help. Some great words for children are:

“I love you.”

“You’re really important to me.”

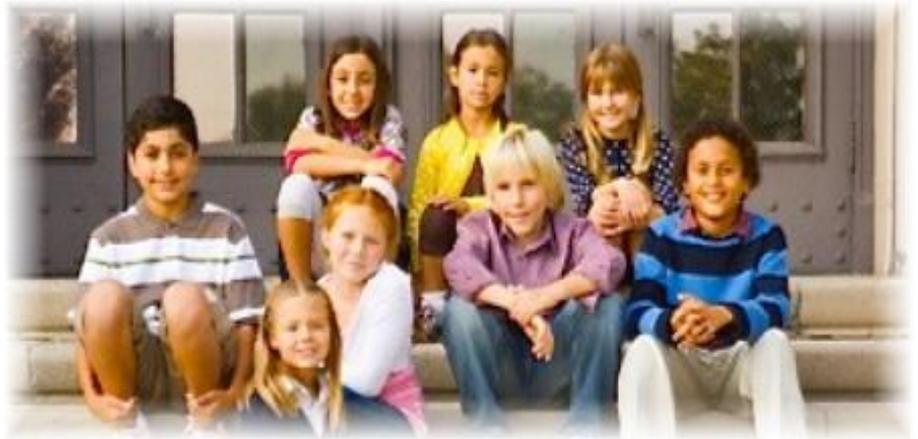
“I believe you can do it”

“You’re going to be just fine.”

“You are very special.”

Discipline your children thoughtfully. Never discipline your child when you are upset. Give yourself time to calm down. Remember discipline is a way to teach your child. Use privileges to encourage good behavior and time outs to help your child regain control.

Examine your behavior. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling. Abuse is not just physical. Both words and actions can inflict deep lasting wounds.



Deal with your anger. Everyone gets angry. Anger is a normal human feeling. The ways we express our anger may be unhealthy. Some ways to get rid of your anger without hurting yourself or anyone else are:

- Blow into a paper bag, then pop it (several times if you need to).
- Pound on a mattress.
- Rip up old newspapers or magazines.
- Pull weeds with vigor saying “I’m so angry” with each pull.
- Take a towel and beat on the bathtub.
- Do an angry dance.
- Take a bucket of water and a big brush. Pretend the water is paint and paint the house or sidewalk with big angry strokes.
- Make up your own way to get rid of your anger without hurting anyone.