



# Fostering the Parent

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Family Support Network  
of the High Country

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## Guidelines for Sharing Control Through Choices

Here are some tips from Love & Logic:

- Never give a choice on an issue that might cause a problem for you or for anyone else.
  - For each choice, give only two options, each of which will be OK with you.
  - If the child doesn't decide in ten seconds, decide for him or her.
  - Only give choices that fit with your value system.
1. Are you going to eat your peas or carrots tomorrow? Or do you need an extra day to get them finished?
  4. Are you having peas or carrots as your vegetable tonight?
  5. Are you going to bed now? Or would you like to wait 15 minutes?
  6. Can you stay with us and stop that, or do you need to leave for a while and come back when you are sweet?
  7. Are you going to put your pajamas on first or brush your teeth first?
  8. Will you be home at 10:00? Or do you need an extra half hour with your friends?
  9. Are you guys going to stop bickering? Or would you rather pay me for having to hear it?

Some Love and Logic Examples of Little Choices

1. Would you like to wear your coat or carry it?
2. Are you going to clean the garage or mow the lawn this week?
3. Will you have these chores done

By Charles Fay  
from [www.loveandlogic.com](http://www.loveandlogic.com)

## Upcoming Events

April 14: 6pm Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone

April 14: 6pm Families with Children with Special Needs Share Group, Boone Unitarian Universalist Church, Boone

April 28-30: NCFAPA Conference, Sheraton Imperial, Durham

Call us for more information.

## Bullying Prevention Site



PACER's new national bullying prevention Web site is officially online. At

[www.pacerkidsagainstabullying.org](http://www.pacerkidsagainstabullying.org), children can learn how to challenge bullying.

Childhood bullying affects millions of children.

Now, second- through sixth- graders can go to PACER's innovative new Web site

to learn what is bullying is, how to respond to it, and how to prevent it.

Children will join 12 animated characters to explore bullying. They can play games, watch videos starring celebrities and real-life kids, view Webisode cartoons, learn ways to deal with bullying, vote in polls, read diaries, look at artwork and stories from other children, enter contests, and more. Geared for all children the site includes children with disabilities who can be

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## Chore Dice

Household chores can be a bore, so add some excitement to the work with homemade dice designed just for your family's cleanup duties.

### MATERIALS:

- Paper
- Scissors
- Pen or pencil
- Glue



Time needed: Under 1 Hour

1. To make each cube, transfer the pattern shown here onto stiff paper or card stock.

2. Next, write one household chore in each square. For extra fun, you can also label some of the squares "Free" (for a day off), "Choice" (to let players pick their own jobs), or "Trade" (to let the roller swap one task for a job belonging to another family member).

3. Cut out the shape and fold along the dotted lines. Dot the tabs with glue and form the paper into a cube, pressing together the tabs and faces to secure them in place. Let the glue dry. Repeat with more cubes for more tasks, if needed.

4. On your next chore day, take turns tossing the dice until all the jobs have been assigned.

From [www.familyfun.com](http://www.familyfun.com)

## Ten Tips for Stress - Less Parenting

1. Take time out of each day to do something for yourself. Exercises, stretching, listening to soothing music, reading or meditation are some proven ways to reduce stress.
2. If you are feeling overwhelmed, arrange for some outside help so you can manage all aspects of you more effectively.
3. Keep your sense of humor when things don't go as planned. No one is a perfect parent, nor a perfect child.
4. Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly. This is all part of being a child.
5. When you are angry, count to ten before you react.

6. Ease tension with a human touch. Share a hug, hold hands, or give a pat on the back.

7. Listen to your child and show you value the conversations they share with you. Good communication can prevent conflict and stress.

8. Schedule in family fun and fitness. Laughter and physical fitness are great stress reducers.

9. Spend time with friends talking about your parenting concerns. Also share your reflections on the joy of parenting.

10. Learn how children mature so your expectations for your child's behavior is realistic.

From [www.waynecountyschools.org](http://www.waynecountyschools.org)

## Kidstock

This Family Festival will be May 20th. Put it on your calendar! Kidstock is a fundraiser for Parent to Parent FSN-NC and Western Youth Network (WYN).

### Bullying cont.

particularly vulnerable to bullying.

The web site project is funded in part by the Robins, Kaplan, Miller and Ciresi LLP Foundation for

Come with your family, play, have fun, and volunteer to help staff an activity or booth. Call us for more details.

Education, Public Health and Social Justice, a supporting organization of the Minneapolis Foundation.

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