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FAMILIES FIRST NEWSLETTER

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7 One-liners to Use When Disciplining Kids

Parents Magazine Author unknown

Sometimes, saying too much to your child only makes things worse when teaching a valuable parenting lesson. Try these simple one-liners instead.

As parents we all have a bag of tricks. The best tool in my bag right now isn't bribery or some sophisticated parenting philosophy - it's the one-liner. In an effort to validate our daughter's feelings and be empathetic, my husband and I used to talk too much. We'd explain, coax, and try to reason with Penny, 7, and Gwen, 4, but those extended conversations only led to power struggles and exhausted everyone involved.

"There's a limit to how much verbiage developing brains can process," explains Joan Ershler, Ph.D., director of the Waisman Early Childhood Program at the University of Wisconsin. "What you mean to say can get lost in a sea of words, so short and simple works best."

We curated a handful of brief phrases to replace a ton of blather, and it has wildly improved our interactions with our kids. Maybe these one-liners from our house, other parents, and experts will work magic for you too.

"I know, it's hard." - This line, paired with a sincere frowny face and a shoulder pat, can go a long way toward soothing a child having big emotions, because it acknowledges that, yeah, it does suck when your sock is on "wrong." Validation can help your child move through difficult feelings instead of getting stuck, says Dr. Ershler.

"Walk, please!" - Giving a small child a positive direction can end a debate faster than reasoning ever could... Instead of saying 'Don't run!' or 'Quit arguing,' you are simply telling them what to do next.

"Try again." - This one's a great catchall for many kinds of unwelcome behavior - yelling, grabbing a toy, being rude. Kids can be more cooperative if they feel they have some control over the situation.

"What did I say?" - How you say this one is super important because if you're not careful it could sound scoldish. And if your emotions become heightened, so will your child's. But genuinely asking him to tell you what you said is a good way to remind him of what he's supposed to be doing.

"I love you too much to argue." - My own "keep-it-simple" eureka moment actually came the day I heard these seven words. At drop-off, Gwen's preschool director instantly and kindly shut down a 4-year-old's attempts to bargain with her by responding with this gem. Period. Case closed. Move along, kids - and that's exactly what he did.

"I can't understand you when you use that voice." - This is a blessed alternative to "Stop whining!" Once your child speaks to you normally, you can then praise her and explain why she made a good choice.

"How do we ask?" - Getting kids to remember their manners is an ongoing battle, but instead of nagging, which can trigger a rebellious response, help your child remind himself of the rules with a calm question.



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No-bake Peanut Butter Blossoms

Ingredients:

- Hershey's Hugs Kisses
- 1 1/2 cups peanut butter chips
- 1 cup Dark chocolate chips
- 1/2 cup honey
- 2 TBSP unsalted butter
- 5 cups cornflake cereal



Directions:

1. Line cookie sheet with parchment paper
2. Unwrap kisses, set aside
3. Combine peanut butter chips, chocolate chips, honey, and butter in large microwave safe bowl
4. Microwave on HIGH for 1 minute; stir (Microwave on HIGH additional 30 seconds at a time until mixture is smooth.
5. Gradually stir in cereal, stirring until completely coated
6. Use tablespoon to scoop onto sheet. Place kiss in the middle, allow to set for 30 minutes before serving.

***Can replace peanut butter chips with butterscotch chips and dark chips with milk or white chips.**

Family/Date Night



Challenge



During pandemic times, we are definitely passed the cabin fever stage and feel like we are never going to get back to what we see as "normal."

Here is a fun idea to do for a family night or even date night with your partner. You may have seen it on social media, as other couples have done this, it's the date night challenge... with a family twist.

Family Night Challenge - each person in the family gets to pick something whether it's the movie, game, appetizer, drink, etc for the evening. If you are not comfortable taking your kids to the store yet, try out facetime/skype and let them still help make choices.

Let's start with entertainment - go to the movies or games (or both), 1 person walks down the aisle arms out to the side until another person says stop, wherever they stop is where they pick the game or movie from.

Do the same thing in each section, taking turns until you have all of the following:

- Movie and/or board/video game (or both)
- Entree
- Appetizer
- Dessert
- Beverage



This is a great way to try new games and foods and have a little fun along the way!

Date Night Challenge - change it up a little by choosing an adult beverage and a movie that is not animated. But most of all HAVE FUN!!

Military Fathers!

If you are a military father - meaning you or your spouse is active, retired, or a guard member - you are invited to be a part of our monthly fatherhood activities! Each month we plan an activity specifically for children and their fathers. Twice a year we open these activities up to the whole family! All events are FREE and are at different community venues. Past outings have been fishing, ice skating, trampoline park, and many more. To learn more about the next activity email Jennifer Kerr at jennifer.a.kerr10.civ@mail.mil or Alyssa Acton at AlyssaA@childabuseqc.org