

WELL CHILD SERVICE NEWSLETTER

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Public Health Nurse and Vision Hearing Technician

Phone Numbers

Invercargill 03 211 0012

Gore 03 208 7015

Te Anau 03 249 7717

Lumsden 03 248 7997

Queenstown 03 450 9162

Ten Basic Principles of Good Parenting

There Is A Science To Raising Children

1. What you do matters.

"Tell yourself that every day. How you treat and



respond to your child should come from a knowledgeable, deliberate sense of what you want to accomplish. Always ask yourself: What effect will my decision have on my child?"

2. You cannot be too loving.

"When it comes to genuine expressions of warmth and affection, you cannot love your child too much. It is simply not possible to spoil a child with love. What we often think of as the product of spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child things in place of love—things like leniency, lowered expectations or material possessions."

3. Be involved in your child's life.

"Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs you to do. Be there mentally as well as physically."

4. Adapt your parenting to fit your child.

"Make sure your parenting keeps pace with your child's development. You may wish you could slow down or freeze-frame your child's

life, but this is the last thing he wants. You may be fighting getting older, but all he wants is to grow up. The same drive for independence that is making your three-year-old say 'no' all the time is what's motivating him to be toilet trained. The same intellectual growth spurt that is making your 13-year-old curious and inquisitive in the classroom also is making her argumentative at the dinner table."

5. Establish and set rules.

"If you don't manage your child's behaviour when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? The rules your child has learned from you are going to shape the rules he applies to himself."

6. Foster your child's independence.

"Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction. To be successful in life, she's going to need both. Accepting that it is normal for children to push for autonomy is absolutely key to effective parenting. Many parents mistakenly equate their child's independence with rebelliousness or disobedience. Children push for independence because it is part of human nature to want to feel in control rather than to feel controlled by someone else."

7. Be consistent.

"If your rules vary from day to day in an unpredictable fashion, or if you enforce them only intermittently, your child's misbehaviour is your fault, not his. Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it."

8. Avoid harsh discipline.

"Of all the forms of punishment that parents use, the one with the worst side effects is physical punishment. Children who are spanked, hit or slapped are more prone to fighting with other children. They are more likely to be bullies and more likely to use aggression to solve disputes with others."

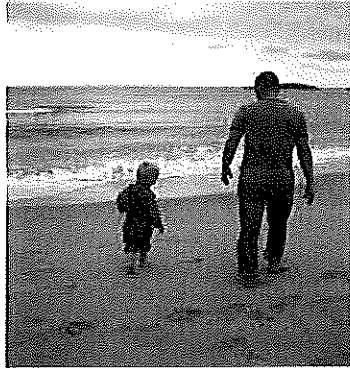
9. Explain your rules and decisions.

"Good parents have expectations they want their child to live up to. Generally, parents over explain to young children and under explain to adolescents. What is obvious to you, may not be evident to a 12-year-old. He doesn't have the priorities, judgment or experience that you have."

10. Treat your child with respect.

"The best way to get respectful treatment from your child is to treat him

respectfully. You should give your child the same courtesies you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can.



Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."

There is no guarantee that following these guidelines will result in perfect parents... remember, there is no such thing!

"Good parenting is parenting that helps children succeed in school. It promotes the development of intellectual curiosity, motivation to learn and desire to achieve. It deters children from anti-social behaviour, delinquency, and drug and alcohol use. And good parenting is parenting that helps protect children against the development of anxiety, depression, eating disorders and other types of psychological distress."

"There is no more important job in any society than raising children, and there is no more important influence on how children develop than their parents." Source: Newswise/Temple University

For your child's health and wellbeing, remember to keep all appointments, whether it be medical, dental, educational.

Clean and Healthy

When your child was a baby, you loved the sweet smell of baby sweat. You couldn't resist those sticky hands or that messy, food-encrusted face. Bath time was a joy – it was a time when you and your baby could play and bond.

However, your child is a bit older now, and the grimy hands and messy face have lost their adorable appeal. That once-sweet sweat has become a bit sour and stinky, and bath time has become a war of wills (it seems your child has developed an aversion to water and now prefers to remain gleefully dirty, rather than soak in the suds).

Good hygiene isn't just about keeping your child presentable, but an active means of preventing the spread of illnesses. Its as simple as this: a clean child is a healthy child. Proper hygiene is vital for school-age kids because most illnesses are contracted in school where little noses, mouths and hands spread germs. When taught early on, proper hygiene can lead to a lifetime of cleanliness and good health. And as your child approaches puberty, the need to maintain good hygiene will become more obvious, when hormonal changes lead to stronger body odour and oilier skin and hair. Don't wait until then to teach the importance of proper hygiene. Source: Parents.com



*Twinkle, twinkle little star,
look to see how clean you are.....*

We are a Southland wide professional community based Well Child Service, whose function is to empower children and their families/whanau to realise their full potential in health. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.