

## September 2011 Newsletter

### Topic of the Month

School is starting soon, and that means many changes for parents and children. Some parents will miss their children's company; some will dance in the street. As for your children, some will be starting a new school due to a summer move or a graduation. Some children will be going back to school after a summer of growth spurts or after the braces went on. No matter what events happened to your family this summer, both exciting and mundane, every child will be going back to school with nerves and fears.

I remember being scared those last few days of summer as a child, wondering what my teachers would be like, who would be in my class and would I be able to learn the new material being taught that year. Since I was the oldest child, I experienced everything first, and it could be terrifying. I wanted someone to tell me what to expect or what I would be learning, but as a child, I was unable to state, "What will happen in 6<sup>th</sup> grade?" because I did not have the tools needed to express my fears and my needs.

So often, we incorrectly believe that when our children are able to make complete sentences, they are able to articulate their needs. To be fair, they can forcefully demand everything from more juice to a new ball with ease, so it's easy to think that your child can ask for what ever they want or need. But, there is a difference between stating they want a ball that they can see and feel and articulating a need that is not only strange to them, like a new feeling, but can also be intimidating, like admitting they are scared of a new school year.

To help you child though this transition and manage fears or anxieties they may feel, it's important for you, the parent/parenting partner to initiate the conversations. Start by talking about your experiences in the grade your child is entering. Discuss the fun stories, and don't hold back on the intimidating ones too, your objective is to help your child to prepare for what to expect, so be honest. If there are intimidating stories in your background, talk about how you worked through the challenges, (be positive here), so your child knows there is hope. I also recommend you have your child talk with an older sibling, cousin, or friend, so they can better relate with a peer, (since we all grew-up with the dinosaurs).

Next, set aside time to have an open and honest conversation with your child, without it feeling like lecture time. I suggest starting a new tradition of doing some school shopping alone with each child and going out for ice cream or a special lunch together. Use this time to talk about school, since you have been/will be shopping for school items, it's a natural topic. Ask your child open ended questions, which require more than a shrug or grunt in response. Questions like:

"What do you think of your teacher? I heard from Bobby's mother she can be fun."

"What sports do you think you'll try out for this year?"

"What classes do you & Jill have together this year?"

"You have a few new items on this year's school supply list; do you know what a protractor is used for? Let me show you."

By asking questions like these, you can open conversations with your child and draw feelings they may not even realize they have! Spend a few hours these few days before and after school starts to talk with your children and see how open they become.



Providing parent coaching and supportive services to parent, families and parenting partners.

### Ask The Nanny

Rebecca-

My sweet toddler has turned into a stubborn hard headed 3 year old, what happened!!!

In my 18 years working with children, I've always found toddlers the easiest group to work with. They want to please their parents more than anything, so as long as your toddler is well fed and has slept, they are easy. But your toddler has turned into an opinionated preschooler, which provides a new set of challenges, good and bad. Your preschooler has learned they have a voice and when they express their opinions, they are listened to!

To ease the fights, focus on what your goal is, and work with your preschooler to obtain that goal together. Let me provide you with an example.

You want your preschooler to dress for school, but they are fighting you tooth and nail. Instead of forcing them to wear what you choose, ask them to choose an outfit. "Please go to your closet and choose which leggings you want to wear today." or "Do you want to brush your teeth or get dressed first?"

By offering a few choices, you're allowing your child to feel they are in charged, but you're actually reaching your goals. Focusing on obtaining your goals instead of your child's behavior will help you remain calm and clear headed.

Good luck and enjoy this next stage in your child's development.

[Click Here](#) to submit your questions.

### What Parents Need to Know

#### Did You Know

Does your child have a hard time studying? By a multipack of different colored highlighters to allow your child to highlight different areas in different colors. Date due could be yellow, what to do could be blue, and so forth.

#### Everything Baby and other local events

### Upcoming Events

#### Everything Baby Events:

- Beyond Stranger Danger: A must take class for every parent. During this class Rebecca will teach you what child predators don't want you to know. Understand the lures predators use so they won't use them against your child!

**Rebecca is teaching Beyond Stranger Danger at My Precious Kid in Hillsboro on September 24th. To enroll, e-mail [rebecca@everythingbabylc.com](mailto:rebecca@everythingbabylc.com)**

- Behavior Modification without Punishment: After 18 years working with children and families, Rebecca understand what works and what doesn't. During this 2 hour class, she will share with you her favorite punishment free techniques that will help reduce the fighting and enhance the parent child bonding!

**Details:** You may sign up for the classes through the THPRD website [click here](#) select Activities and Classes, then Find a Class, you may find all my available classes by searching for Rebecca Magby under Instructors.

#### Other Local Events:

- Acts Oregon will hold child car safety seat check up clinics often in September. [Click here](#) to find the time and location that works best for you.

Rebecca will be at Tuality Healthcare Hillsboro Campus on September 10th from 9 to 11 am inspecting and installing child car seats. Pop by, have your seat inspected and say Hi! [Click here](#) for details.

- Do you have a child with special needs or who has anxiety issues? Our friends at [World of Smiles Pediatric Dentistry](#) office has developed a special program to help children with these special needs visit the dentist with less stress. Give them a call today and find out how they can help your family. (I personally love their cuddle room!)

If your interested in more information about our upcoming events, please [click here](#)

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