

SEPTEMBER 2015-LABOR DAY, PRAISE, & POWER STRUGGLES

Labor Day

Labor Day is a great family holiday and signifies the end of summer to most. A lot of us spend the day outdoors, barbecuing, or even on a mini-vacation. How can you teach your children about Labor Day?

Adeline at the Frugal Fanatic, shares some ways to spend Labor Day with your family. http://www.frugalfanatic.com/abor-day-for-kids/#_a5y_p=2310488

Labor Day falls on the first Monday in September. It became an official holiday in 1894. Most people celebrate all through Labor Day Weekend, but many aren't exactly sure what it is they are celebrating. Labor Day is a tribute to the everyday working man for the contributions the working class has made to our country. Here are some ways to teach kids about Labor Day.

Talk to your kids about your job. Discuss the ways that you contribute to your family and community. If possible, bring your kids to work with you.

Make a list of ways that your children can contribute by doing certain types of labor. Babysitting, mowing lawns, running errands for elderly neighbors and shoveling snow are all great ways for your child to "labor" and contribute.



Have a family discussion about different jobs and who and how they help. Talk about jobs that the kids would love to have one day. Look through magazines for pictures of people working and make a job collage.

Take your kids to your local Labor Day Parade or watch it on TV together. Parades are so much fun to watch for both kids and adults.

- **Start a tradition and every year on Labor Day make a home video of your kids telling you what they want to be when they grow up and why. These will provide lots of memories and smiles when you watch them when the kids are all grown up.**

Labor Day means a 3 days weekend, a BBQ or a day at the beach for most people. It is actually a very important day in our nation. Use some ideas from our list of how to teach kids about Labor Day to help them understand why we are celebrating.

Read more at <http://www.frugalfanatic.com/abor-day-for-kids/#stViwjWppOovrOt.99>

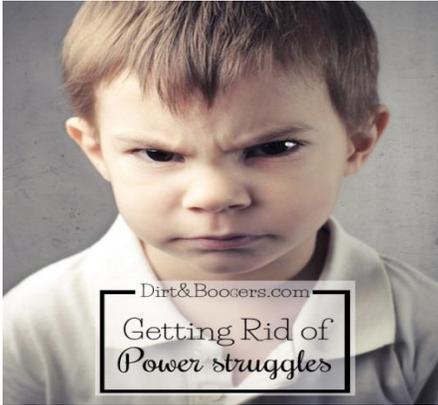
How to Avoid Power Struggles with Kids: Choices

One of the biggest traps that many parents fall into with their kids is the power struggle. You want them to do something and they flat out refuse. You end up staring at each other in silence or start yelling at the top of your lungs. You're at an impasse with your child. Both of you are angry and frustrated.

It leaves the parent asking...

“Why won’t he just listen to me?” “Why do I have to yell to get her attention?” “Why won’t he just do what I ask him to do?”

It can be oh so frustrating!



What if I told you that it didn’t have to be that way, and that with a few simple adjustments, you could avoid the power struggles with your kids?

First of all remember this...

The only person in this world that you can control is yourself. You cannot **MAKE** your child do anything. It must be their choice.

Everyone in this world wants some power and control over their own lives. Have you ever said “I feel like my life is so out of control”? We feel stressed and anxious when we are out of control.

Just like us, children don’t like feeling out of control. They like to have a say, they like to make decisions about their lives. They want some power. When they don’t get power, they will fight for it. This is when power struggles happen.

When you give a child choices, you give them a sense of power. When you give a child a few choices that you are ok with, then they are more likely to comply with your request. They feel good about feeling in control and you feel good because your child is doing what you want them to. It’s a win win.

There are 4 basic types of choices:

1. Concrete Choices: “Do you want apple juice or milk for dinner?”

2. Playful Choices: “Do you want to run up the stairs to bed or do you want a piggy back ride?”
3. Choices with Incentives: “If you choose to clean your toys quickly, than you can have some play time on the tablet.”
4. Choices with Consequences: “You can choose to brush your teeth, or I can brush them for you.”

Here are a few things to consider when using choices with kids.

Make sure that you are ok with all the choices you give. If you ask your child to either put on his shoes at the park or go home. Be ok with going home. Then follow through!

Use choices **All Day Long!** All day...give hundreds and hundreds of choices. Each time you give your child a choice, you are giving them power. The more power the feel, the less they will use force to get power.

When you use an abundance of choices with your kids, you'll find that they will be more likely to comply with your requests. When kids feel in control of their lives, because of all the choices you give them, they won't need to fight back to gain control during those times when you can't give a choice.

Now, there may be times when a child refuses to make a choice. What do you do then?

Give him a warning that you will make the choice for him. If he still refuses, you make the choice and follow through with that choice.

What if a child keeps asking for something that's not one of your choices?

Be a broken record. Tell him his two choices over and over again and don't give in. If a child really won't make a choice, then make it for them...after you've given him a warning.

Both of these situations are really good indicators that a child needs more control over their life. So, if you are constantly having to make choices for

your kids, then make sure that you give more choices throughout the day...even on stuff that doesn't really matter.

Try giving lots and lots of choices this week, and just see what happens. I bet you'll notice a decrease in power struggles, more compliance in your children, and a happier family too.

<http://dirtandboogers.com/avoid-power-struggles-kids-part-one/>

The Power of Praise

By Kumon Learning Centers



Photo: Stockbyte/Thinkstock

The role of praise in a child's development is often culturally driven and can be controversial. Does frequent praise help or hinder a child's development? Explore both sides of the "praise debate" to find a balance that works for your child.

The Praise Debate

Critics argue that praising in abundance can hinder a child's self-esteem and perpetuate a fear of failing. *New York Magazine* reported that a large percentage of gifted students (those who score in the top 10 percent on aptitude tests) severely underestimated their own abilities because they were used to receiving an abundance of praise. These talented students often lacked confidence to tackle a new problem unless they knew they'd be good at it.

Similarly, a report from the Brookings Institution's Brown Center found that countries that embrace praising students to boost self-esteem in learning

math lag behind countries that do not believe in promoting self-esteem. Studies found that student performance in cultures that didn't value praise actually scored higher than in countries where self-esteem and praise are more valued.

How to Praise Appropriately

At some point, your children will become less cooperative and frustrated with their school and homework. At times like these, a healthy dose of praise coupled with a clear understanding of the final goal can help minimize your child's anxiety and get him/her back on track. Here are five tips to create positive praise relationships with your children:

1. **Base praise on real accomplishments and be specific.** Telling your children they're smart does not tell them what they did right. Give specific praise related to the tasks completed. For example, you might say, "You did a terrific job figuring out the solution to this difficult problem."
2. **Encourage perseverance.** Parents naturally hope their children put forth their best efforts. When your child is working hard to solve a problem, praise his work at each milestone. If the effort results in a C grade, praise the C if you know your child did his very best job.
3. **Show constant interest in your children's studies.** Staying the course and accepting criticism can be challenging for a child, but showing interest and support at every turn provides comfort. Ask questions about what your children learned in school and even have them "teach" you. This is a terrific way to reinforce your children's confidence in understanding the material while encouraging them to continue to try.
4. **Do not compare one child's progress with another's.** Be mindful not to compare your child's progress with another sibling or friend. Learning should not be about measuring one child against another, but tracking your child's individual growth.
5. **Be sincere.** Children are intuitive. They can sniff out the true meaning of praise and find hidden agendas if they exist. If they feel that your praise is meritless or insincere, it can discount not only the current praise but future praise as well.

Acknowledgment and encouragement are vital parts of building confident, motivated and self-reliant children. Letting your children know that you're in their corner with a healthy balance of praise will not only boost their self-esteem, but also motivate them to achieve more and learn more on their own because they believe in themselves.

Read more: <http://www.oprah.com/relationships/The-Power-of-Praise#ixzz3kWkh2g4q>