

## Issue # 8- May 2005

In this month's *Successful Child*:

May Issue

- ***5 Tips to Stop Yelling at Your Kids***
- ***How To Help Your Child Deal With Rejection***

I hope all the moms had a wonderful Mother's Day. I'd like to welcome all my new subscribers. I hope you enjoy this issue. If you'd like to read past articles, please check out my archives at <http://www.successfulchild.com>.

Also, I'm moving to a bimonthly format, so expect your next newsletter on May 23rd. Please spread the word about Successful Child.com to friends and families. I'd love to hear from you, so if you have any information to share or have a question, please email me and if you want I'll include it in the newsletter.

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### **Whatever happened to family fun? - Games you can play at home with your kids**

There used to be a time when family did activities together. Now, television, the internet, and video games seem to take up most family member's time. Why not make the commitment to do one thing together this week? If you need some help check out these family games:

#### **1. Passing By.**

An amusement for children on a train, or at home when it is raining, is the following, and it will help to while away the time. If there are several children, choose sides and appoint one to keep the count for his side. Each side sits by a different window and watches the passers-by. Every man counts 1; every women 2; baby 3; animal 5; white horse 10; black cat 50. As a child sees someone passing, he calls out the number for his side; if a woman, he says 2; if a man and woman together, it will be 3, and so on. If the children are looking upon the same street the side that calls its number out first adds it to its score. It is more exciting if the different sides have different streets to look out on.

If on a train, one side sits on the right and the other on the left, and when an object is seen, they call out right, 5, or left, as the case may be, for the mother, or older person to put down on the scorecard.

The side which succeeds in reaching 100 first is the winning side. If the trip is long, 500 can be the limit.

#### **2. Hang-Man.**

Two children may derive a great deal of amusement from this simple pastime. At the top of a piece of paper write all the letters of the alphabet. Underneath, the child who has thought of a word or short sentence puts a dash down for every letter contained in the word thought of. Suppose the words thought of were "Game book," it would be written thus: \_ \_ \_ \_ \_ \_ \_ \_ The other player asks if the word contains "a," and the other puts it in its proper place, crossing the letter off of the alphabet above. The other guesses different

letters at random, every right one being put in its place, while for every wrong one a line is drawn to help construct a gallows for the "hang-man." If there are many wrong guesses, the "hangman" may be completed and then the word is told the other player. The players take turns in giving out and guessing the words.

### **3. I Have A Basket.**

One person begins by saying: "I have a basket." The one to his/her left says: "What is in it?" The first one replies with the name of some article beginning with "a," as "apples." No. 2 says: "I have a basket," and the next one to him/her says: "What is in it?" No. 2 replies: "Apples and bananas," (or some other word beginning with "b"). No. 3 says: "I have a basket." No. 4 asks the same question as before and No. 3 responds with "Apples, bananas, and cats," and soon, each in turn repeating what the others has said, and adding another article, which commences with the next letter of the alphabet. Whoever forgets what the other articles were must pay a forfeit. Thus it continues until the last one has named all the articles in order, and ended with "z."

### **4. Animal. Vegetable, Mineral.**

Play this game with the entire family. One player is sent out of the room. While he is gone the players decide upon some object which he is to guess. He is then called in, and asks each one a question. The answers to the questions must be either "Yes" or "No," and a forfeit must be paid if any other answer is given. Suppose the object chosen is a piece of coal in the fireplace. The player will begin by finding out whether the object chosen is of the animal, vegetable, or mineral kingdom; thus the following questions may be asked: "Is it a mineral? .... Yes." "Is it hard? .... Yes." "Is it very valuable? .... No." "Is it bright and shiny? .... Yes." "Is it gold? No." "Silver?" No." "Is it in this room? .... Yes." "Is it black? Yes." "Is it a piece of coal?" Yes." The correct object being guessed, another player is sent out and the game continues.

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### **May Freebies**

727 Bright Kids Games  
<http://www.uptoten.com/>

F. reed online Etch a Sketch  
<http://www.etch-a-sketch.com/html/onlineetch.htm>

K-8 Grade Level Skills- Everything from Language Arts to Science  
[http://internet4classrooms.com/grade\\_level\\_help.htm](http://internet4classrooms.com/grade_level_help.htm)

Directory of Free Admission Attractions in the 50 States  
<http://www.free-attractions.com/>

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### **5 Tips to Stop Yelling at Your Kids**

Effective communication is a learned skill. As parents, we model the behavior that our children emulate. If you are constantly yelling at your children, your children may grow up to believe that this is an appropriate style of communicating.

#### **1. Be clear and concise with your directions.**

Yes, you've asked your child to pick up his/her clothes several times and it's still on the floor. If your child is a preschooler or younger than 7 years old, help him/her to get into the habit of doing the task on a regular basis. Make sure your child is capable of doing

the task by him/herself. Children aren't always going to admit that they did not understand completely what you said. If your child is a teen, help your teen to understand the importance of doing the task. Make sure you are clear with your statement by avoiding the use of the word "You"; use the word "I" instead. For example, say "I notice that you did not pick up your shirt." As oppose to "You keep leaving your shirt on the floor." Avoid words such as "always, never, all the time". You don't want to make accusations, just resolve the situation. Let your child know what your expectations are beforehand to avoid problems later.

## **2. Keep Your Anger in Check.**

Do you find yourself blowing up at any little thing your kids do? Is your family walking on eggshells around you? Even though we hate to admit it, the problem sometimes is our own. Your 5 year old doesn't understand that you had a bad day at work. Your teen may not be able to relate to how unappreciated you feel. Give yourself a few minutes before your respond. Ask yourself if the situation is important enough to address or to let go. If you need time to yourself, explain to your child that you are not in a good mood and that you will speak to him/her when you are feeling better. If you have family support, have someone take the kids while you sort through your emotions. Take a timeout for yourself. Do whatever it takes to calm yourself down. Meditate, write in a journal, call a supportive friend, or pray. Try various techniques until you find one that suits you.

Different Meditation Exercises: <http://www.abc-of-yoga.com/meditation/techniques.asp>

### ***The Serenity Prayer:***

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
as it is, not as I would have it;  
Trusting that He will make all things right  
if I surrender to His Will;  
That I may be reasonably happy in this life  
and supremely happy with Him  
Forever in the next.  
Amen.

*--Reinhold Niebuhr*

## **3. Whose Problem Is It?**

If your teen is playing music too loud and you have a headache or your preschooler is playing a Boobah tape for the hundredth time, unless you indicate to them that you have this headache, your children will not know this. Yelling at a child for something that is affecting you will not get your problem resolved. Children need parents to describe what they are feeling in order for them to understand. If you yell at your child because he/she is showing no appreciation for a gift you have given to him/her, your child will not understand that you are feeling unappreciated or rejected by his/her reaction. Be aware of how you interpret your child's behavior or reaction. The truth is that children do not

always understand how what they say or do affects their parents. Let your child know what you expect and what you want. Your child can not guess.

#### **4. Are Your Needs Met?**

Are you addressing your child when you are tired or hungry? If you are, you then your basic needs aren't being met which is contributing to your feelings of frustration and agitation. Unless a situation needs immediate attention, first eat or rest before speaking to your child.

#### **5. Respond, Don't React.**

Your preschooler has run by you 50 times and you are beginning to get annoyed. If you yell at your child, he/she will know that he/she has the upper hand because your child has gotten a reaction out of you. If your child is doing something that is annoying you, get your child's attention, look at him/her in the eyes and say what you have to say.

Constantly reacting to behavior contributes to misbehavior for the sake of getting attention. Use fewer words if you have to. Instead of saying "I am so sick and tired of reminding you to put away your book bag!" say "Book bag, Closet, Now." Trust me; your child will get the message. Give your child nonverbal signals to get your point across. Everyone remembers that "Mom Look" that kept us in line.

Now, I don't want you to think that all yelling is bad. In the case of an emergency, yell!

Here are some helpful resources:

1. [Stop Yelling. com](http://StopYelling.com)
2. [How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate](#)

# How To Help Your Child Deal With Rejection

## **Successful Child**

### *May Issue*

In this issue:

1. Notes from Marie
  2. Become a Product Tester for How to Learn.com
  3. When was the last time you had family night?
  4. May Freebies
  5. How to Help Your Child Deal with Rejection
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## **Notes from Marie**

Hi all,

I hope you had a great weekend! I am recuperating from my business trip to Orlando, FL. I brought my son, my mother and mother-in-law along (Mother's Day gift) and we had a blast. I want my son to enjoy his grandmothers as much as he can. Family is something that is very important to both my husband and me. My son is fortunate to have so much love and support.

If your family lives close, make the time to have your children spend time with your family. Children who have a healthy sense of family togetherness have more confidence, are more aware and are generally happier. I know it can be difficult with busy schedules, but it is the most important thing that you can do for your children.

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## **Become a Product Tester for How to Learn.com**

How to Learn.com is the answer to all your child's learning needs. They are looking for parents to test some of their products. For more information:

<http://www.howtolearn.com/producttester.html>

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## **When was the last time you had a family night?**

Can you remember the last time you did something fun with your family? Besides having dinner or watching a television show together. If you've never had one, it's not too late to start a wonderful tradition. Pick one night a week to do something in which everyone can participate. Use this opportunity to learn and share with each other. Dismiss any disagreements and conflicts and don't bring up anything upsetting from the past. Let your children see a different side of you and get to know you as a person not just a parent. Take turns letting each member choose what to do for the night. Unless, it's something totally outrageous, try not to be critical. Help little ones by offering several options. If

you think you family won't go for this, you'll never know unless you ask.

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### **May Freebies**

Free "Mommy I Don't Feel Good" Guide

<http://www.familycareproducts.com/guidebook.html>

Universal Studios-Buy 2 Days, Get 3 Days Free

[http://themeparks.universalstudios.com/orlando/website/index.php?\\_\\_source=freeuniversaldays.REDIR](http://themeparks.universalstudios.com/orlando/website/index.php?__source=freeuniversaldays.REDIR)

Free Rewards for Chores for Kids

<http://www.sparkletowels.com/rewardsforchores/rewardsprogram/yourrewards.asp>

Free Take Charge Guide for Parents-The Take Charge Parent's Guide provides information on how to take Charge of your family's TV, Internet and phone use.

<https://www.cox.com/takecharge/request.asp>

Free Child Safety Kit-How to teach abduction prevention without scaring your child (or yourself).

[http://ga0.org/campaign/child\\_safety\\_kit/step1.tcl](http://ga0.org/campaign/child_safety_kit/step1.tcl)

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### **How to Help Your Child Deal with Rejection**

Unfortunately, rejection is part of life. As much as we would like to protect our children from getting their feelings hurt or being rejected, at one point or another, they will encounter rejection. The good news is that you can help your child.

If your child confides in you that he/she has been rejected by a friend, the first step in helping your child through this heart break is to just LISTEN. Let your child know that you are there for him/her by using this simple tool. Don't offer your child food as a comfort, just offer yourself. This is also not the time to place blame on your child or tell your child you never liked that friend anyway. Your child also does not need to hear that rejection is part of life and he/she will have to get over it. This is your child's problem, let him/her own it and work through it. This is also not the time to incorporate stories of your childhood and how you were rejected once too and how you got over it. At this stage, your child will not be receptive to hearing your story. Focus on your child and listen.

Once your child has finished talking and you have listened without interrupting, ask your child how he/she is feeling. This helps your child to articulate the emotion. Avoid making assumptions. Let our child tell you in his/her own words. You may think your child is hurt and he/she might be upset. We all work through rejection differently. Your child may have already passed the sadness or anger. Be patient while your child is expressing his/her feelings.

Ask your child helpful, open-ended questions. For example, "Why do you think he/she said that?" "How did you feel when you didn't make the team?" This lets your child know that you are genuinely concerned and are paying attention. Watch your tone when you are asking these questions, avoid an accusatory tone.

Once you have asked the questions, ask your child if he/she would like to brainstorm some solutions. Don't give solutions or try to make the problem go away. Ask your child if he/she is interested in hearing about your own experience with rejection (Timing is more appropriate). Offer guidance and support and respect your child's need for time alone.

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