

*Every child has fundamental needs that must be met for an emotionally and physically healthy life. Every child must be able to feel safe and secure, loved and valued, able to trust and free to be a child.\**

*These needs must be met by a parent or an adult guardian. While there are many roads to effective parenting, with varying styles and methods, experts agree that all positive parenting rests upon the attribute of love. In parenting, let love be your guide. To help parents grow emotionally and physically healthy children, KidsPeace® offers these ...*



## 7 Standards of Effective Parenting

### 1 Value your child.

Effective parents always treat their children as valued, important and worthwhile people. These parents are intent on building up their children's self-esteem through honest praise and age-appropriate levels of independence. These parents understand their children and are always loyal to the best desires, instincts and dreams their children possess.

*For example:*

- Tell your child you are proud of her.
- Praise your child for doing a good job, for completing a task.
- No matter what happens, tell your child you love him.

### 2 Nurture your child.

Effective parents consistently display love for their children through positive touch (hugs, kisses, holding close), through eye contact and through positive words of encouragement and support. Effective parents tell their children, "I love you" – verbally, physically and emotionally. These parents spend time with their children frequently.

*For example:*

- Look directly at your child when he talks to you.

- Respond physically – with a hug or gentle pat on the shoulder – when your child tells you a story or concern.
- Physically comfort your child when he is frightened or ill.
- Show pleasure in your child's accomplishments with a hug or pat on the shoulder or through verbal affirmation.

### 3 Teach your child.

Effective parents recognize that much of a child's learning comes from the parents' actions and words. Effective parents are flexible and adaptive, sensitively challenging their children to grow cognitively, socially and emotionally – appropriate to their children's age and development.

*For example:*

- Teach by living. Model a positive life by being positive yourself.
- Treat your children as you would like them to treat themselves ... and you!

*Is it ever okay to lie to your child?*



Giving hope, help and healing to kids facing crisis since 1882.

\*These include the parent's responsibility to provide, as best as possible, basic needs such as adequate food, clothing, shelter, medical care and educational opportunities.





# Giving hope, help and healing to kids facing crisis since 1882.

- Encourage your child to talk to you about a problem. Tell your child about a similar struggle you have had and what you did to solve it.

## 4 Speak the truth.

Effective parents do not knowingly tell falsehoods or intend to deceive, but build trust by speaking the truth in love. Effective parents realize it is sometimes better to say little or nothing and allow their children to trust than to lie and undermine confidence. Establishing a trusting relationship with your child will make it easier for your child to confide in you.

*For example:*

- If you don't know the answer to a question, say so; then find a source that will give the answer.
- Be someone your child can trust and come to for answers to difficult questions.
- Tell your child you are proud of her for sharing concerns and questions with you. Try not to act shocked or upset when your child shares sensitive thoughts or experiences with you.

## 5 Discipline your child.

Effective parents offer compassionate, consistent and honest correction. These parents are not quick-tempered and do not hold a grudge or keep a record of wrongs. Instead, these parents offer reasonable and clearly understood guidelines for their children to follow. Through patience and gentle but firm actions and words, effective parents guide their children's growth and moral reasoning.

*For example:*

- Make and explain simple, age-appropriate rules for your child.
- If a rule is broken, discipline with a consistent, safe punishment like a short, quiet time alone without play.
- Parents do get angry. It is okay to let your child know you are angry at his behavior.
- If feeling overwhelmed, call a friend. Get help.

## 6 Encourage your child.

Effective parents always look out for the interests and needs of their children first, before their own. They are constantly alert for the physical and verbal cues infants and children give. These

parents always seek to understand their children's growth and to respond appropriately to meet the needs of their children. They care as much for their children as they care for themselves.

*For example:*

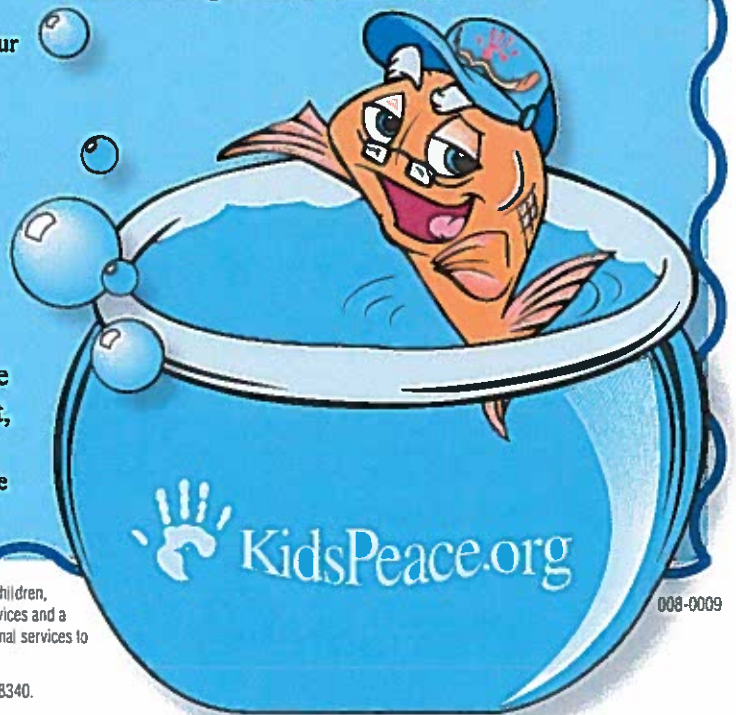
- Spend time with your child doing things she enjoys.
- As you see your child developing a particular interest, encourage her in the way her interests and abilities show.
- Help your child get started, then allow more independence.
- Read a book together, a chapter each night.
- Go for a walk together once a week.
- Cook a favorite meal together, or go out to dinner with just your child once a month.

## 7 Never give up.

Effective parents admit their fears and faults. In times of crisis, or when unsure what is right or wrong, effective parents do what they think and feel is best. These parents create a network of informed friends and professionals to whom they can turn for help and advice.

*For example:*

- Realize there is no single "right" way to parent.
- Challenge yourself to find new and different solutions to problems.
- Talk to friends and to other parents who have experienced your struggles about ideas for helping.
- Call a counselor. Every parent needs help and understanding. It is available, so ask for it. ●



KidsPeace is a private charity dedicated to serving the critical behavioral and mental health needs of children, preadolescents and teens. Founded in 1882, KidsPeace provides specialized residential treatment services and a comprehensive range of community-based and foster care and family treatment services and educational services to give hope, help and healing to children facing crisis.

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## FOR WASHINGTON CHILDREN

### Self-Care Tips for New Parents

If you are a new parent, you are probably experiencing a lot of stress. It's normal to be exhausted much of the time. If you never take time to rest, relax and recharge, parenthood can become a trap that leaves you feeling irritable, angry and overwhelmed.

Here are seven simple steps to reduce your stress.

1. Sleep when your baby sleeps. Sleep deprivation can make you feel crazy.
2. Set up a support system of family, friends and neighbors who can help you. Call them often to lend a hand.
3. Make a list of small things that you can do each day to make yourself feel good. (Take a hot shower; watch a television program; or have a healthy treat.)
4. Food affects mood; cut down on processed sugar, fat and caffeine.
5. Schedule time into each day to talk with an adult.
6. Forget about housework. Cleaning can wait until you have more time and energy. Or, enlist the help of a friend to do housework.
7. Try to get outside every day for some fresh air.

#### **DAILY REMINDER**

No matter how much you love your child, those first few months are hard on all parents. As your child grows, he/she will make fewer demands on you and you will regain your energy and enthusiasm. Enjoy your baby and take care of yourself!



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Group Just for Moms!**

**When: Wednesday Afternoons from 11:30 - 1:00 pm**

**Where: Hilltop Resource Center - 1129 Colorado Avenue**

**Daycare, transportation, and a light meal provided**

**Call (970)-244-0460**

*(Please call before 10:00 am Wednesday if you need transportation)*

**HILLTOP**  
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*Family First*  
**DADS  
PROGRAM**

*Tuesday Nights*  
**6:00 - 7:30 pm**

## Join Us for Family First's Parenting Program Just for Dads!

Topics include: Job search, continued education support,  
anger management, family dynamics, child development,  
child support, budgeting time, money and family.

**When: Tuesday nights at 6:00 - 7:30 pm**

**Where: Hilltop Resource Center - 1129 Colorado Avenue**

**Daycare, transportation, and a light meal provided**

**Call (970) 244-0460**

(Please call before 3:00 pm Tuesday if you need transportation)

**HILLTOP**  
**Family First** 



The Parenting Place  
is dedicated to supporting parents and families  
in Mesa County with opportunities for training,  
education, community building and fun!

Check our website (<http://strivecolorado.org/theparentingplace.aspx>)  
for a current list of dates and locations, or call 254-8240.

Scholarships are available for all classes.

## The Incredible Years

This class for parents of 3-6 year olds teaches parents strategies that reduce disruptive behaviors and promote academic, social and emotional competencies in young children. *No charge for this class! Dinner and child care included!*

## Becoming a Love and Logic Parent

Practical, hands-on skills to avoid unwinnable power struggles; stay calm when kids do incredibly upsetting things; set enforceable limits; help kids learn from mistakes rather than repeat them, and more!

## Love, Logic and Other Strategies for Early Childhood

Offers parents, child care providers, and foster care providers skills & strategies for positive, age-appropriate guidance with infants and toddlers.

## Baby and Me Learning & Play Groups

For parents and young children up to age 3. These groups are a great way to connect with other parents while learning about and enjoying your growing child at the same time. Sign up through Grand Junction Parks and Recreation: [www.gjcity.org](http://www.gjcity.org)

## Prenatal Yoga and Mommy and Me Yoga

Join Kelsey Livingston of Divine Dance and Family Yoga (and mama of 3) for a nurturing and strengthening pre-baby yoga experience.

## Colorado Bright Beginnings

A statewide project that provides three age-appropriate collections of board and picture books, developmental information and community resources to families during their child's first three years. Request yours from The Parenting Place!

## Puzzled Parents

- 3<sup>rd</sup> Wednesday of the month, 5:30 – 7pm at 516 N. 15<sup>th</sup> St.

Support group for parents of children with autism. Child care with a trained volunteer is available; call facilitator Krystal Kitzman at 234-8687 at least 48 hours in advance to arrange. **No charge!**

## Autism 101 Brown Bag Lunch Series

Free sessions offered in rotation every Wednesday, 12-1, at 950 Grand Ave.

- Importance of Respite and Finding Resources
- The Road to Positive Behaviors
- Autism 101 – Learning the Basics
- Transitioning to Employment and Independent Living
- “See The World Through My Eyes”

## ABA for Parents and Caregivers of Children with Autism

Applied Behavior Analysis (ABA) is considered the most effective treatment for autism. In this class, parents and other caregivers learn more about ABA and how to support and reinforce a child's ABA therapy throughout the day.

## Special Olympics Young Athletes Program

Specially designed for children 2 ½ - 7 years old with an intellectual disability. Friends, siblings and family members without a disability are encouraged to participate, as well. **No charge!**

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