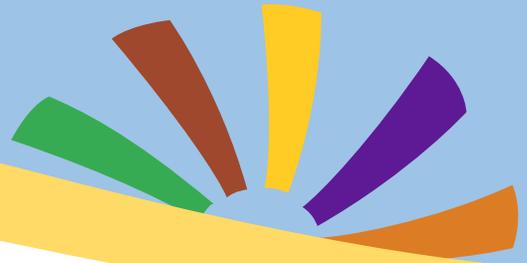


Parent Café: Parenting Tip Sheet

Volume 2

Let your voice be heard!



Parents from Southern View and Feitshans Elementary Schools participated in a Parent Café. They laughed, talked, and answered 6 questions about parenting. Here are their answers. "Thank you" to the parents, the principals and to all who participated!

How do you show your child you love them?

Physical and emotional affection • Hugs • Kisses • Trust • Undivided attention
Make them a priority • Spend quality time together • Take walks • Ride bikes
Support their ideas • Let them try new things • Encourage and motivate them
Attend school functions • Take Pictures • Have lunch with them at school
Praise and recognition • Tell them "you're beautiful" "good job" • Build them up
Support their activities • Make good choices as a parent • Teach them self-love
Tough love • Teach them how to conduct themselves in public • Set boundaries
Support them and let them know you have their back • Learn with them
Teach them manners like please and thank you • Allow them to help in the kitchen • Play with them
Take care of them (hot meals and a roof over their head etc.) • Take them to their friend's house
Open communication • Tell them "I love you" • Read to them at bed time • Ask about their day
Do special activities together like cooking, crafts, and sports • Authentic conversations • Keep it real
Show them unconditional love • Morning meetings to bond • Pray together

I try to celebrate them in some way every day!



How do you know when your child is stressed?

The way they express themselves, they act out or get quiet and want to be alone.
They stop doing their favorite things like seeing friends and playing games. Not sleeping.
Not eating. Over eating. They're in a bad mood. They start crying or get angry.
She seems offended by everything I say. Quieter than normal (withdrawn).
Fights with siblings, friends and parents. Wrings hands, paces, and looks down.
Fidgets, touches, and scratches. Stands close to me or acts out when away from me.
Body language. His voice and tone of voice. Facial expressions. Shuts down. Vents.
Chews nails. How they perform in school. Wears head phones and won't listen.

I ask, and they tell me they're stressed.

What tricks do you have for getting your child or children to school on time?

Tight schedule • Teach them the importance of school • Get up earlier • Cook breakfast
Make it the child's responsibility • Walk him to school • Prep the night before; lay out clothes, backpack etc.
Teach the importance of priorities, school, homework, playtime • Teach them to respect authority
Set an early bed time for adequate rest • Take away privileges if they don't get ready on time
Have kids completely ready in the morning before letting them watch TV
Put a list on the door of things you will need in the morning • Choose battles wisely
Put shoes in the same place • Plan breakfast the night before • Bedtime, on time, every time
Play games like 'who can get dressed the fastest' or 'beat the clock' using a timer

Lead by example, the parent gets ready first.

Why is it important to communicate in a positive way with children?



It teaches respect and manners and how to treat others • Promotes positive behavior
Shows respect • If we speak in a positive way, kids talk back to us in a positive way
Helps kids focus • What we say effects how they act and how they see themselves
Positive communication produces positive communication • It increases confidence
We talk differently the older they get. With younger kids we're more action oriented
With teens there is a whole different language • What we say is what they think
Kids can take their positivity and pass it on to their friends • We don't always
If we don't, kids can get a negative impression about everything
If we communicate negatively, kids get mad and things go worse

One comment can stick forever, good or bad.

Why do we have to be careful what we say in front of children?

Because it will be repeated. Kids take in everything, the good and the bad.
We are our children's first teacher. They learn from us.
We can set the tone. We must show positive role modeling.
They don't know what to do with the information. They repeat everything.
Kids have big ears. What we say can escalate a situation.
Can create behaviors and acting out based on what they've heard.
They are just learning. We can pass on emotional issues toward others.
Kids need to learn at home before they go to the streets.
They may repeat what we say and may not get it right or may add to it.



Adults don't always think about who's listening and lots of times they're not appropriate.

What's the most important thing to remember when talking to your child's teacher?

Remember your child may act different at school than he does at home
Stay involved • Understand class assignments • Take time to hear what the teacher has to say
Know your child first so you know how to encourage positive behavior and address any negative behavior
Remembering the teacher has more students than just mine • My child is not always right
Focus on the positive when talking with her teacher • Open communication • Ask how my child is doing
Teacher is there when I'm not • Try to put yourself in the teacher's shoes • I don't always hear the whole story
Teachers see various stages of what our children experience throughout the day.
Understand what's going on in the classroom • Be willing to listen and understand both sides
Put yourself in the child's place – remember when you were a child and how you acted.



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