



TRINITY COLLEGE
Gawler River

eNews

Edition 2 – Friday 24 February 2012

Counselling Corner

How are you travelling with your 2012 New Years' Resolutions?

According to Wealth Farm by now, less than 64% of people will still be working on their resolutions. By June only 46% of people will still be working on their resolutions. Did you make any parenting resolutions?

Michael Grose, an Australian author and educator regarding parenting and what makes healthy families tick, has suggested ten Parenting Resolutions. Although there are ten, it is suggested that a realistic aim would be to pick one or two resolutions to focus on.

1. **Be consistent with your discipline** - this is a big ask as dealing with kids' misbehaviour tests the patience and resolve of the even the most assured parents. Set consistent limits and boundaries, even for adolescents, and be willing to negotiate and give a little ground. When children refuse to cooperate or break the rules, act calmly and reasonably rather than resort to severe measures to 'teach them a lesson'.
2. **Focus on children's positive behaviours** - get into the habit of 'catching kids being good'. Like adults, children respond to favourable comments and are likely to adopt behaviours that gain them attention.
3. **Encourage children persistently** - if you are not an encouraging person then link your positive comments to something you normally do such as saying good night to your children. Then you will know that you have encouraged them at least once each day. That's a good start.
4. **Spend more time together as a family** - in an era of working parents and busy children finding time for everyone to be home together is increasingly difficult. Aim to have at least three shared mealtimes each week or spend one weekend a month devoted purely to family purposes.
5. **Make a plan to survive those difficult times** - mealtime mayhem, morning madness and bedtime battles are common in many families. Identify your difficult time of the day and get super organised and be willing to make yourself scarce if children make unnecessary demands on you at these times.

Trinity College

Montessori Preschool - South – North – Blakeview – Gawler River – Senior - STARplex



TRINITY COLLEGE
Gawler River

eNews

6. **Stay out of children's fights** - chances are you either plead for peace and quiet, make a ruling to end the dispute, or take sides to lay blame on the child who caused the infraction. When your children begin to bicker beat it to another part of the house or boot them outside until they have finished.
7. **Control that television set** - if the television is continually on in your house then it is time to establish some tight limits for viewing. Ten hours per week is a reasonable guideline for children of most ages. Have a television-free night and let children sample other forms of entertainment.
8. **Avoid giving into temper tantrums** - tantrums are a potent form of emotional blackmail designed to coerce parents to give in to children's demands. Next time your child throws a major wobbly remove yourself and refuse to give in to such tactics.
9. **Avoid the 'good' parent syndrome** - good parents protect children from many of life's difficulties and rob them of opportunities to develop independence and responsibility. They take forgotten lunches to school, pay fines for their children's overdue library books and believe that chores are for parents rather than children. If this sounds familiar let children take more responsibility for their own actions in the coming year.
10. **Keep misbehaviour in perspective** - you probably think at times that your children or teenagers are the world's worst or that no one else acts up like them. Think again. If your child misbehaves the chances are that he or she is no trailblazer. Many others mess up too. That is little comfort, however, if you have to put up with difficult kids day in and day out. Regardless of how hard things become try to focus on their positive behaviours and work hard to maintain your relationship even if it appears that the effort is all one way. Your persistence will pay off in the long run.

CLAIRE MCKELLAR
Student Counsellor

Trinity College

Montessori Preschool - South - North - Blakeview - Gawler River - Senior - STARplex