



Parent Education Speaker

Barbara Coloroso

“Kids Are Worth It!”

Tuesday, March 23, 2010



Volume 2 Issue 2
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In this issue: Parenting Blog, Presentations, Library Books, Parenting Tips

How do I use this newsletter? If you're an **Administrator/Teacher/Day Care Provider**: copy/paste into parent newsletters, forward to PTA/PTO to post a link on their website; **Business**: forward to colleagues, post in breakroom, leave on counter for the public to take a copy; **Individual**: forward to friends.

Are you a teacher or daycare provider? You can earn CEU or childcare training hours. Please contact the United Way office to register.

Presentations:

Afternoon/Students:

1. **Students in grades 4-12 via webcast at your school, through the SW/WC Service Coop.**

Topic: Barbara's book, *The Bully, the Bullied, and the Bystander*

Opportunities to learn: Discussion includes bullying behaviors, the long and short term impact of bullying and how to break the cycle.

Evening/Community:

2. **7:00 – 9:00 pm at the Marshall High School Theater, Free and open to the public**

Topic: Barbara's book, *kids are worth it!*

Opportunities to learn:

- Six critical life messages: I believe in you, I trust you, I know you can handle this, you are listened to, you are cared for, you are very important to me.
- Power struggles – what, how, why and when not to engage
- Three kinds of families - brick wall, jellyfish and backbone
- The RSVP system: Reasonable, simple, valuable, practical consequences
- Seven strategies to growing children's brains

Parenting Blog! Join in the conversation. Learn new parenting skills. New topics discussed every week.

Purpose of the blog: Book discussion groups sparked a lot of interest last year; however it was hard for people to commit time to attend. The Blog allows people to check out information on their own time. Every week, topics are discussed from Barbara's books.

Ways to view the blog:

1. <http://uwswmnparentingblog.blogspot.com>
Or
2. From the United Way website: www.unitedwayswmn.org, click on Success by 6 tab, in the parent education section.

Check out your local library for Barbara's books:

1. *Kids Are Worth It!*
2. *The Bully, the Bullied and they Bystander*

There are many copies available to be checked out.

Book Signing: Barbara will be signing books on March 23 and her books will be for sale.

Upcoming blogs:

Week of 12-07: The Pitfalls of Threats, Punishments, Bribes, and Rewards
12-14: Threats and Punishments
12-21: Bribes and Rewards
12-29: Praise Goodies, and Presence

Past blogs: (available on the blog site)

- | | |
|------------------------|---------------------------|
| 1. Jellyfish families | 4. Kids Are Worth It |
| 2. Brick-wall families | 5. The Golden Rule |
| 3. Backbone families | 6. Parenting with Dignity |

Parenting Tips

By: Colleen Gengler, (Family Relations Educator, University of Minnesota Extension), Bonnie Wasberg, (ECFE Parent Educator)



Directions: Teachers, feel free to cut/paste into your communication that goes home. Use either section below or the entire sheet as a handout for parents. In order to adhere to copyright laws, please copy the entire portion when you use either section, including: "Source: Barbara Coloroso, *kids are worth it!*, Harper Collins, 2005. The author is coming to Marshall on March 23, 2010."

Your Parenting Philosophy

Our parenting philosophy is about what we want for our children in the future. Author Barbara Coloroso talks about three big ideas in parenting:

- Kids are worth it.
- I will not treat a child in a way I myself would not want to be treated. (The Golden Rule)
- If it works, and leaves a child's and my own dignity intact, do it.

Parenting is a job that is never easy and requires energy, commitment, love, and resources. These three big ideas will help us parent children who will be competent, caring, and responsible.

Source: Barbara Coloroso, *kids are worth it!*, Harper Collins, 2005. The author is coming to Marshall on March 23, 2010.

For additional information about each of these big ideas, check out the [NEW Parenting Blog!](#) New topics are discussed every week.

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Basics About the Big Ideas in Parenting

Kids Are Worth It

We need to love our children unconditionally for simply who they are. If we really believe that children are worth it, it means they don't have to prove their worth to us. We love them no matter what. It doesn't mean parents tolerate repeated misbehavior; rather they work at teaching children how to do better next time.

I will not treat a child in a way I myself would not want to be treated.

We've all heard of the Golden Rule; do unto others as you would have them do unto you. The Golden Rule for the backbone family means, "As a parent, I will not treat a child in a way I myself would not want to be treated."

The Golden Rule as it applies to parents means that children are to be treated as we ourselves want to be treated. How would we react if we were screamed at, ignored, made fun of, or compared to another adult in our presence? None of those actions are respectful ways to treat any human being, adult or child. Yes, sometimes we lose it and we do things we regret. When that happens with our children, we need to apologize and go on. Children learn a lot from watching their parents. If they are treated respectfully, they in turn learn respect.

If it works, and leave a child's and my own dignity intact do it.

Our goal as parents should be to teach children how to do the right thing in different situations. If children learn to "mind" only when we are looking over their shoulder or only with the promise of a reward, we have not done our job. We have to help them learn to think critically because each situation may be a little different. If we indoctrinate them that "our way is the only way," they aren't learning to think for themselves.

If a child makes a mistake or misbehaves, the backbone parent can do many things in a respectful manner:

- point out the mistake and ask the child for solutions to get it corrected
- give the child a second chance
- teach the child how to do better next time.

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Supporting partners: Midwest Child Care Resource & Referral, Western Mental Health, Lincoln County Child Abuse Prevention Council

Check out www.unitedwayswmn.org