



# Parent Education Speaker

## Barbara Coloroso

### “Kids Are Worth It!”

### Tuesday, March 23, 2010



Volume 2 Issue 3  
February 2010

**In this issue: Parenting Blog, Presentations, Parenting Tips**

How do I use this newsletter? If you're an **Administrator/Teacher/Day Care Provider**: copy/paste into parent newsletters, forward to staff, PTA/PTO, post a link on your website. **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 Cooperative**  
**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!*

**Free transportation from Ivanhoe area!! Call 507-693-1813 to register for bus. Space is limited.** Transportation provided by Lincoln County Child Abuse & Prevention Council.

**Transportation from Canby: Anyone interested in riding a bus. Please call the Canby Elementary School at 507-223-2003 to register by March 10<sup>th</sup>. The cost is \$2.00**

## Parenting Blog -

## Give your parents answers!

### Help them become Backbone parents.

- Do you want the kids in your district to:
- take responsibility?
  - do things for themselves?
  - treat others as they would want to be treated?



Send the following link home with students. Weekly posts cover topics from encouragement to discipline.

To view, follow one of the below links:

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

**\*Please add this parenting blog link to your school/organization website. Blogs will continue through the March 23 speaking date.**

## 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."

### The Pitfalls of Threats, Punishments, Bribes, and Rewards

How do you get a child to pick up their toys, go to bed, or remember to put their homework in their backpack? Getting a child to do a task or chore can be a challenge. Sometimes parents rely on threats or punishments. Other times they may rely on rewards or bribes. As parents, we have to ask ourselves these questions:

- Do I want my child to learn to do things for him/herself?
- Do I want my child to take responsibility?
- Do I want my child to grow up to be a person who cares about others?

Think about the words. "Getting a child" to do something likely means having them do what we want them to do. It has less to do with teaching a child to do for him/herself which is what we want in the long run.

### Threats and Punishments

Parents sometimes resort to threats and punishment out of frustration. They don't make a child grow to where they can learn to be responsible, to accomplish something, or develop self discipline. Here are a few examples of ineffective threats or punishments from author Barbara Coloroso:

- If you tease your sister again, you will stay in your room for the rest of the day.
- Don't come to me for a hug – you were a bad boy to bite your brother.
- You talk like that to your mother one more time and you will be grounded for a week.

There are better ways to deal with each situation. For example, the situations of teasing, lying, or talking back will happen much less in backbone families where parents are modeling respectful behavior and are talking about principles such as honesty, caring, and responsibility.

### Bribes and Rewards

The effectiveness of rewards and punishments really aren't all that different from that of threats and punishments. A parent might say, "I'll give you a treat if you shovel the sidewalk." Here is what's really being said, "If you don't shovel the sidewalk, no treat for you." A reward is often a thinly disguised punishment or threat. Rewards and bribes are just as controlling as threats and punishments. The child learns to do what is asked because there is something in it for him. Families need to stress that all members contribute to how the family functions and gets things done.

### More Pitfalls – Praise, Goodies, and Presence of the Parent

Praising your child, giving out some goodies for a job well done, and spending time with your child providing they've done their chores doesn't sound so bad. If we praise a child indiscriminately, extravagantly, or ambiguously, we do a disservice to the child. He or she will tend to do things for our approval and seldom for his/her satisfaction. When praise is given, it should not evaluate the child, but rather should be descriptive of the behavior or the job that was completed.

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

**Funding partners as of 1/10:** United Way of Southwest Minnesota, Success By Six, Marshall ECCE and Little Cubs Preschool, Share group -Canby, Mary Rademacher—Psychologist, Marshall PTA, Pride in the Tiger Foundation, University of Minnesota Extension, Lyon County Child Abuse Prevention Council— Help Us Grow (HUG), SW/WC Service Coop— Teacher/Learning Division, St. Stephen Lutheran Church—Youth and Family Ministry, Avera Marshall Regional Medical Center, Beta Sigma Phi, Lakeview PTO, Lakeview Booster Club

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

Check out [www.unitedwayswmn.org](http://www.unitedwayswmn.org)