



**Southgate Medallion  
Family Day Homes**

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**Announcements and  
Upcoming Events**

**Holiday Reminder**

- Good Friday, Friday,  
April 2nd
- Easter Monday,  
Monday, April 5th

SMFDH office is closed on  
all holidays.

**F.Y.I.**

- Daylight Savings  
Time commences,  
Sunday, March 14th



**Parent/Provider  
Survey—Parent/  
Agency Survey**

Attached to this news-  
letter is a Parent/  
Provider/Agency sur-  
vey. Once you have  
completed the survey  
please return it to your  
provider. We look for-  
ward to your feedback.  
The agency will care-  
fully review all com-  
ments, suggestions  
and scoring with the  
goal of increasing the  
effectiveness of our  
service.

*for the Parents*

**And Suddenly Spring**

The winds of March were sleeping.  
I hardly felt a thing.  
The trees were standing quietly.  
It didn't seem like spring.  
Then suddenly the winds awoke  
They raced across the sky.  
They bumped right into April,  
Splashing springtime in my eye.

by Margaret Hillert

The February, March and April training  
focus for providers is on Nutrition. If you  
would like copies of the articles, the Can-  
ada Food Guide and Alberta Nutrition  
Guidelines for Children and Youth—an  
Overview, call your consultant.

A healthy diet should include more vege-  
tables and fruits, whole wheat grain prod-  
ucts, milk and lean meat or fish. Children  
should be encouraged to drink water to  
quench thirst. Use the Canada Food  
Guide to plan, serve and eat well bal-  
anced meals and snacks

**Meet the Agency Staff**



Parminder Delhon  
joined the agency as a  
consultant in June  
2006. With a Master's  
Degree in Education  
from India and an  
Early Childhood De-  
velopment Diploma

from Grant MacEwan College as well as  
her teaching experience with the Edmon-  
ton Public School Boards, she is a strong  
voice and advocate for the early childhood  
sector. The agency is pleased to have her  
on staff.

A favourite quote of hers is "While we try  
to teach our children all about life, Our  
children teach us what life is all  
about." (Angela Schwindt)

**Your 3 year old is doing more than just growing taller—**

**Preschool Family Fair**

**Drop- Developmental Check-up for 3 year olds**

Face paint-



Snacks!

March 18th 3 to 7 p.m.

Ellerslie Campus South 6550 Ellerslie Road SW

April 22nd 3 to 7 p.m.

Lymburn School 18710-72 Avenue

May 13th 3 to 7 p.m.

Homesteader School 4455-128 Avenue

**For more information call 780 465-2356**

## Unconditional Parenting by Alfie Kohn *part four*

Some parents find it hard to give up the more heavy-handed parenting practices where love is used as leverage to make kids obey. These practices are a reliance on punishment (time-outs, etc.) and rewards (including positive reinforcement). *Punishments and rewards are never advisable and never necessary.*

So what's the alternative? What can parents do other than threaten and reward? An important consideration when looking for an "alternative" is to see the relationship with your child not as adversarial, not as having to win battles but as a way to avoid them.



The mind-set that children are acting out just for attention does not take into account the basic need we have as a human being to be interacted with and to be noticed.

A love withdrawal is a form of punishment, when we ignore a child when he does something inappropriate, or give him the silent treatment we are withdrawing from him. This is a form of emotional abandonment. One psychologist observed if we ignore children when they misbehave, what we're saying is "We don't know why you do this and we don't care." The mind-set that children are acting out just for attention does not take into

account the basic need we have as a human being to be interacted with and to be noticed.

The time-out tactic is another love withdrawal technique. Instead at the time of a crisis, the parent can ask a child if he needs time to settle somewhere else, the parent can also ask him what is going on, to remind him that what he does has an impact on other people and to do some problem-solving. If the situation makes such a discussion impossible and the child has to be physically removed you can still do it in a way that your love, your attention, your presence is not withheld.

What about giving children a treat when they are obedient when they do what we wanted? This is conditional

giving. Rather offer a special treat or gift—the chance to do something fun, a book or toy of special interest—simply because you love them.



While it may be possible to spoil kids with too many things, it isn't possible to spoil them with too much (unconditional) love.

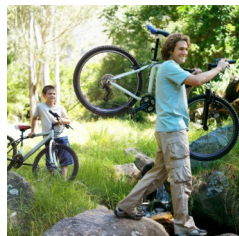
"Presents should never be offered as an incentive for behaving well, getting good grades, or doing anything else. Once I bought tickets for a local children's theatre production of *The Wizard of Oz*, which my daughter was wild about. The day before the show, she threw a temper tantrum about something and I had to fight down the impulse to threaten her with not going to see

the play unless her behaviour improved. I reminded myself that by giving in to such a temptation, I would be using the outing as an instrument of control rather than as an expression of love. We can't have it both ways."

"While it may be possible to spoil kids with too many things, it isn't possible to spoil them with too much (unconditional) love. As one writer put it, the problem with children whom we would describe as spoiled is that they 'get too much of what they want and too little of what they need.' Therefore, give them affection (which they need) without limit, without reservations, and without excuse. Pay as much attention to them as you can, regardless of mood or circumstance. Let them know you're delighted to be with them, that you care about them no matter what happens."

This doesn't mean that our feelings our children evoke in us must remain perfectly steady and uniform. How could they? Kids delight us and enrage us and perplex us. . . . That's why it's so important for us to strive to communicate in many different ways that our basic acceptance of them is a given, a rock-solid core beneath whatever we happen to be feeling, and they happen to be doing, today.

Taken from *Unconditional Parenting Moving from Rewards and Punishments to Love and Reason* by Alfie Kohn.



...offer the chance to do something fun—simply because you love them.