



**Southgate Medallion
Family Day Homes**

#209, 11 Fairway Drive
Edmonton, Alberta T6J 2W4
Phone: 780 438-4012
Fax: 780 435-6605
info@southgatemedallion.com
www.southgatemedallion.com

**Announcements
and Upcoming
Events**

Holiday Reminder

- Victoria Day,
Monday, May
24th

SMFDH office is
closed on all holidays.



for the Parents

Provider Appreciation Day

Friday, May 7th

We invite all parents to join Southgate Medallion Family Day Homes Friday, May 7th, in recognizing the important work the providers do each day.

Appreciation can be expressed simply by a big hug and a thank you. Other ideas are to give her flowers, bring a snack for everyone, create a thank you card with your child. Use your imagination to come up with a special way of thanking your provider.

This is what one parent wrote about her provider— *“My provider is fantastic. She is knowledgeable about child development. Children are involved in a lot of meaningful activities. We see our daughter develop social and language skills at Leonora’s day home. We are so happy with the day home.”*

Meet the Agency Staff



Joanne Cyre has been a consultant with the agency for almost 4 years. She visits homes in the west and south side of Edmonton. She operated a day home

with the agency for 4 years before becoming a consultant so she understands the rewards and challenges a provider faces.

Joanne graduated from the University of Saskatchewan with a Bachelor of Education degree and has worked as a teacher as well as in the child care field.

Joanne believes that a strong, healthy attachment between children and parents/providers helps children grow into secure, compassionate, and happy people.

Unconditional Parenting by Alfie Kohn

As part of our parent support, the last four newsletters have contained excerpts from the book Unconditional Parenting by Alfie Kohn. This is the last instalment of this series. We hope these articles have been of benefit to you in your parenting endeavours.

“Raising children is not like assembling a home theatre system or preparing a casserole, such that you need only follow an expert’s instructions to the letter. No one-size-fits-all formula can possibly work for every family, nor can it anticipate an infinite number of situations. “

The following is a list of some broad principles, some ways of thinking about parenting. The parent must decide whether an idea is reasonable and, if so, how it may apply to raising their own children. (continued on page 2)

Unconditional Parenting by Alfie Kohn *part five*

1. Be reflective.

The best parents are introspective and willing to give themselves a hard time. They review what they've done with their children in order to be better parents tomorrow than they are today.

2. Reconsider your requests.

Here's a very unsettling possibility: Perhaps when your child doesn't do what you're demanding, the problem isn't with the child but with what it is you're demanding. Are the demands out of step with what can reasonably be expected of children at a certain age?

3. Keep your eye on your long-term goals.

"Suppose, for example, you want your child to grow into someone who is (a) ethical, (b) able to sustain healthy relationships, (c) intellectually curious, and (d) fundamentally content with him- or herself. . . Anything you do with your children on a regular basis should be evaluated in light of your ultimate goals."

4. Put the relationship first.

"In a purely practical sense, misbehaviour is easier to address—and problems are easier to solve—when children feel safe enough with us to explain the reasons they did something wrong. . . . When they know they can trust us, they're more likely to do what we ask if we tell them it's really important."

5. Change how you see, not just how you act.

When a child does something inappropriate, . . . See it as a problem to be solved, an opportunity for teaching rather than for making the child suffer."

6. R-E-S-P-E-C-T.

All people deserve to be treated with respect. Remember that children sometimes know better than parents when they are sleepy or hungry.

7. Be authentic.

Being authentic means being able to admit to mistakes. "Children will still look up to us even if we're candid about our limitations. . . The more real we are with them, the more likely it is that they'll feel real respect for us."

8. Talk less, ask more.

"To be a great parent is more a function of listening than of explaining." If a child is too young to explain—piece together the clues that might help us make sense of what's going on. When children are old enough to tell us why they're unhappy or angry, the question then becomes whether they feel safe enough to do so.

9. Keep their ages in mind.

What is appropriate for one age of a child might be completely inappropriate for another age. Always make sure your expectations are reasonable. "It is unrealistic to expect children to stay still for long periods of time. It's normal for them to fidget, to be loud, to forget to turn off a battery-operated toy and to become unnerved by what seems to us to be tiny changes in their environment."

10. Attribute to children the best possible motive consistent with the facts.

"One: We usually don't know for sure why a child acted the way he did. Two: Our beliefs about those reasons can create a self-fulfilling prophecy. We can help kids to develop good values by treating them as though they were already motivated by those values. They thereby come to believe what's best about themselves and live up to our trust in them."

11. Don't stick your no's in unnecessarily.

"When safety is at risk, . . . we have to intervene, no matter how much frustration it may cause. Mindful child-rearing, is the opposite of being on autoparent." Try to think about the reason for saying no rather than automatically responding in that way.

12. Don't be rigid.

Think in terms of problems to be solved rather than infractions to be punished. Children do better when there's some degree of predictability in their lives but don't overdo this.

13. Don't be in a hurry.

Slow down and savour the time with your children. If life seems out of control determine what can be changed to allow everyone time to get through the routine without overly controlling the child's day.