



Tuesday's Parent

MAY/JUN 2013

www.TuesdaysChildChicago.org

Summertime Success!



Families look forward to summer all year long – longer days, more time outside and family travel. But how do less structure and the lenient schedules of summer vacation affect kids who thrive on

predictability? Kids find security and comfort in routine, and in fact, rely heavily on their schedule to be successful in school and at home.

Many parents just accept that routines will be surrendered during summer vacations. We recommend holding on to a few of the routines that your child can depend on – like bedtime. Research shows that children who get enough sleep are better prepared to handle change, disappointment and adjust to new people and places. Resist the urge of “just this once”; you may be getting some short term satisfaction, but are setting yourself up for misery later.

- ◆ Keep some routines consistent - like bedtime!
- ◆ Limit screen time
- ◆ Pack a bag—with activities your kids enjoy
- ◆ Be a good example

The American Academy of Pediatrics guidelines recommends only one to

two hours of non-violent screen time a day for kids over two. It is tempting to give kids screen time between activities, or during “down time” on a vacation – but those minutes add up to quite a lot of screen time! Pack an bag with activity books, inexpensive games, books, stickers or tattoos and pick a script like, “my phone is just for making calls, I have a bag full of different things for you to play with.” And be a good example, engage and interact with the kids in the car, while waiting in line and in restaurants.

With a little planning you can create islands of predictability wherever you are.



Calendar of Events

June 6

4th Annual Time Out with Tuesday's Child Spring Fundraiser and Social at Haymarket Pub and Brewery 5:30-8:00pm. Details at www.TuesdaysChildChicago.org.

June 7

Does Your Child have a Developmental Disorder? A Workshop with Dr. Alan Rosenblatt, M.D., Specialist in Neurodevelopmental Pediatrics, at 1:00pm at Tuesday's Child.

June 18

Summer Camp Begins

July 4

Tuesday's Child closed for Independence Day.

July 13th

Tuesday's Child Reunion Night Join Co-founders Victoria Lavigne and Katherine Augustyn for a special gathering of Tuesday's Child alumni parents and children. See inside for more details.

August 23

End of Summer Camp picnic for campers and their families.

October 5

SAVE THE DATE: Grown-Ups Ball



Tuesday's Child
c/o Gordon Tech High School
3633 N. California Ave.
Chicago, IL 60618
www.TuesdaysChildChicago.org



The Afbale ACS team raised the most funds for Tuesday's Child, over \$1,200!

Skates from the Wolves came for a visit.

Kids had fun activities during the walk and after.

2013 Family Marathon

On a gorgeous Sunday in May, over 150 people walked to support Tuesday's Child and participate in family activities. Thanks to all who attended. Special thanks to our sponsors, Kidsnips and Gordon Tech High School.

Announcing the Tuesday's Child Reunion!



Victoria Lavigne and Kate Augustyn, Tuesday's Child's co-founders are hosting a Tuesday's Child Reunion Night. It will be a wonderful opportunity for alumni, parents and donors to reconnect and share stories of families and children. Over the years Tuesday's Child has grown, succeeding because of the strong parent participation as volunteers, peer mentors and role models for other families and their children. This event will also be a great time to hear more about how we at Tuesday's Child have adapted and evolved.

Saturday, July 13, 2013, 4:00 - 7:00 PM

Lizzie McNeill's Irish Pub, 400 North McClurg Ct. Chicago, 60611

\$40 includes food and beverages (wine, beer, cocktails, soda). Former child clients free!

Register online at www.tuesdayschildchicago.org/reunion.htm.

A Look Back: Good Advice Never Gets Old

Article from 1993 Tuesday's Tales Newsletter by Dr. Victoria Lavigne

THE CHALLENGE OF DISCIPLINE: GROWING AS A PARENT

Discipline is one of the most important things we do as parents. Discipline does not mean "punishment" but rather refers to a positive process of teaching our children the "social rules." As our child learns to accommodate his needs and wants within the family, he becomes prepared to meet the social demands of his peer group and the broader community. If our teaching is successful, our child will move toward increasing self-control.

There are some basic strategies of positive discipline that parents need to practice throughout a child's development. Whether our child is a toddler, a school-ager, a preteen or beyond, we should always try to give him or her positive feedback and encouragement for good behavior. Commenting on what our child has done correctly gives the child important information about his actions and creates a positive climate for discipline.

We also need to be aware of the impact that we have as a role model for our child. How we treat family members and friends, handle stress, or express our emotions teaches our child a great deal about how people act.

Finally, no matter our child's age, we need to work on building a strong parent/child relationship. This means spending time with our child in activities that are fun for the child, like playing "Barbie," Nintendo, or board games, and so on. As children get older, some activities become mutually enjoyable, such as sports or movies. If parents only interact with a child to give rules or set limits, discipline will be less effective.



THE CHALLENGE OF DISCIPLINE: GROWING AS A PARENT (CONT.)

While following "the basics" mentioned above, it also is necessary to evaluate some of our discipline strategies as our children get older. During the preschool years, parents have to set rules and tell them to the child. Young children simply do not have the cognitive maturity or judgment to regulate their own behavior. We all know that most 3 to 4 year-olds would happily stay up all night and choose sweets over vegetables if given a choice.

As children reach school age, however, their thinking skills mature. They are more logical. They gradually become less egocentric, which means that they can see another person's point of view. They have a better sense of time, so they can plan ahead and foresee the consequences of their behavior.

With our child's growing maturity, our discipline strategies can be focused more directly on self control. One way to do this is to have our child become an active participant in deciding on some of the rules that he is to follow. For instance, homework has to be done, but the time to do it can be discussed and agreed to by the child. Sitting down with a schedule and talking about free time, activities, and homework can help your child learn to manage their time. It's also more likely to facilitate cooperation than a parental dictate about studying.



Sibling disagreements are another area where a discussion about rules can be helpful. A common problem for example is whether a sibling can join in when one child has a friend over. With parental guidance, siblings can talk about alternative solutions and decide on a rule about guests. They also can decide what will happen if the agreed-upon rule is violated. Then, after a few trials," the family can reconvene and see if the rule is working or if it needs to be revised.

If parents are to be successful in talking to their child about rules, they must develop good communication skills. One of the most important things is being a good listener. This means being patient and setting aside time for talking. It also means not rushing in with a judgmental comment ("It's clearly your fault that your homework wasn't done on time!") or quickly offering advice. The idea is to let your child have an opportunity to express what he thinks and feels about a situation and how it might be handled.

One of the greatest challenges of parenting is growing along with our children. As our children mature and change, their world beyond the family keeps growing larger. Going off to school, making new friends, or mastering a skill are all events that go along with the increasing capabilities and a movement toward independence. Keeping up with our children requires us to reflect on our parenting skills from time to time to be sure that our methods of discipline are a "good fit" for our child's latest stage.

Reconnect with Tuesday's Child

If you can't make it to the Reunion on July 13th—Reconnect Another Way!

We would love to hear how Tuesday's Child impacted your life even if you are unable to join us at the Reunion. Here are some other great ways to stay involved:

- ◆ **Send us your family's success story and a family photo to be included in our Wall of Success.**
- ◆ **Nominate your child for the "Galen 'Jill' Minetz Outstanding Achievement Award" given at our 2013 Celebrating Achievement event. The nomination form is on the Reunion page of our website—www.tuesdayschildchicago.org/reunion.htm.**