



the Parent
Centre

IZIKO LABAZALI
THE CENTRE FOR THE PARENT

Newsletter

Third Term 2011

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MEMBERSHIP

Membership of The Parent Centre includes access to our library, and an outstanding selection of parenting books. Whether you are a parent, or someone working with parents and/or children, you will find relevant and up-to-date titles on a broad range of parenting issues.

Membership also entitles you to a discount on workshop fees.

Dear Members

So here is the newsletter for the 3rd term, with the improved logo! Hope you like it.

We continue with the themes: "The parent's role in the child's schoolwork" and "Understanding and managing your child's temperament".

Please check page 3 for reviews of three of Anne Cawood's books.

Anne is a past staff member of the Parent Centre and has many years experience as a Social

Worker, a Parent Educator and a counselor in private Practice.

Also check out the insert on the last page, relating to the Parenting Indabas in Mitchell's Plain and the notice on this page.

Our Annual General Meeting will be held on Wednesday 7 September 2011 at 2.30pm at Wynberg Centre, 123 Main Road, Wynberg

*Yours in parenting
Fouzia Ryklief*

From the Director.....

This term has seen a resurgence of energy with the very recent appointment of a young, vibrant Marketer. We believe that her youthful enthusiasm, talent and creativity will contribute much towards raising the profile of the Centre. A warm welcome to Zeenat Hendricks.

One of the non-negotiable elements of any organisation is its accountability to stakeholders. To this end, heartfelt thanks are extended to Safura Solomon, Letitia Tomlinson and others for their dedicated efforts at upgrading our statistical systems.

In the light of the alarming statistics of substance abuse in

the Western Cape and the overwhelming effects drug usage and addiction have on families, we deemed it necessary to reach out to all parents and their loved ones with a message of support and encouragement.

Our theme therefore at our forthcoming Annual General Meeting to be held on 7 September 2011 is "MAINTAINING A SENSE OF HOPE", "KEEPING THE DREAMS ALIVE" and "RISING ABOVE THE CHALLENGES".

We look forward to seeing you there.

*Yours in parenting
Celeste Van der Merwe*

Sources

The Difficult Child by Dr Stanley Turecki

Raising your Spirited Child by Mary Sheedy Kurchinka.

The Parent Centre Positive Parenting Manual

It is easy to fall into the trap of labelling children. Even if you are a very positive person, you might have gotten yourself caught in a swirl of negative labelling when it comes to dealing with specific children. Sometimes when we are dealing with our children, we are so different from them that it is difficult not only to understand them, but to appreciate them. At times our children are so much like us that it scares us, especially when we see what we consider our greatest weaknesses, being repeated.

It is essential to examine the negative labels we use to describe our children and to change them. The reality is that in every single one of those behaviours is a potential strength. Our task as parents is to identify those strengths and help our children maximize them by learning how to manage their behaviour. By merely changing the words you

use you can change how you see and feel about the child. This in turn will lead to a more positive and constructive approach to dealing with the behaviour that led you to labelling the child in the first place. We need to change negative labels into positive ones.

The Process of Re-labelling

A fault can also be seen as strength and vice versa. When parents are able to see the positive and negative side of characteristics, the children get a new view of themselves.

Children are more likely to be co-operative if they believe they are valued and appreciated. Criticism is not the most effective way of changing behaviour. They are free to become positive, self-affirming people.

Example 1: *“Kristen, you are so defiant! I don't know how I ever got such a stubborn child”*

Changed to:

“Kristen, you do like to be independent. But remember, in our family every one helps”

Example 2: *“Andy, you are so destructive. How dare you use my pots and pans for drums!”*

Changed to:

“Andy, you are creative and quite the musician too. But I'm worried about my pots and pans getting scratched. What else could you use for drums?”

We can see from these examples that positive responses do not excuse poor behaviour. They simply help us create a positive image of the child and remind us of the child's value as an individual with potential strengths.

The Parent's Role in the Child's School work – Part 3

Adapted from: **Report Cards: Creating a Future with Your Child** by Terry Farwell

The reporting period marks a new beginning to set goals and reflect on past work habits, achievements, and hardships. It is a time for parents to communicate with their children and determine a path for future academic enrichment and social-emotional growth.

Focus on the Positive

Regardless of the grades your child brings home, you must first focus on positive aspects of the report. This is not always an easy task. For some parents, this might mean highlighting a strong effort or praising an academic accomplishment or a perfect attendance record. Starting on a positive note shows your child that you truly care about the accomplishments, not only areas that need improvement.

Ask the Right Questions

Be careful not to overreact to low grades, or grades you view to be unsatisfactory. Instead, use this time and plan for the future.

Talk to your child, asking questions to understand how a particular grade was earned:

*Was the work too difficult?
Could the pace of the class be inappropriate (too fast, so that your child feels "lost," or too slow, causing your child to feel "bored")?
Does your child complete all homework and ask questions when problems arise?*

The answers you receive might indicate a need to review your child's study habits. Once you have determined the problem, you can begin to create a solution.

The Next Step

Creating a plan to maximize future academic success is an important part of every child's education. Help your child set realistic and attainable goals for the next reporting period. Outline ways in which these goals can be met, as well as rewards and

consequences if they are not. Involving your child gives her ownership and importance in this process, and this makes the report card important not only to you, but also to your child.

As parents, we want the best for our children, but in too many cases this is measured only by the number of A's and B's brought home. Emphasize to your child the importance of doing the very best job that he can.

Encourage him to succeed, and measure his progress in realistic terms, letting him know that you care and are available to help. Break tasks into small steps, so that even the youngest child can measure her growth, and the most advanced child can monitor her progress. By reviewing the report card, and developing a plan for the future, you will help your child find the road to success. Make it known that you care and are available to help.

Children Need Grandparents by Anne Cawood

The author covers changing parenting methods and stresses the fact that one of the main challenges for grandparents is to adapt to the current changes in parenting methods without losing sight of who they truly are.

In the chapter "THE BABY ARRIVES" she clarifies and guides the reader in terms of logistics when the baby arrives to be sensitive to what the parents need and how to cooperate with them as well as the other grandparents once the baby is born.

In the chapter "DO GRANDPARENTS KNOW THE BEST?" she looks at the fact that grandparents have a wealth of experience and wisdom; however they do not always know best. She covers tips on giving advice.

The author provides insightful

information in chapter 11 "EXTENDING THE BOUNDARIES" with regards to: When the grandparent is asked to take on the child-care responsibilities, the grandparent need to think carefully. Have an agreement drawn up if the grandparent wishes to help. The implications of unplanned pregnancies and also more serious problem areas regarding parenting abilities. In the chapter "GRANDPARENT - THE VITAL LINK BETWEEN THE PAST AND THE FUTURE" she focuses on creating a legacy of memories. I simply enjoyed this part because there is a drawing of grandparents dancing and this is something my grandson and I do often and I know the fun we enjoy, he will always remember. She also gives beautiful tips to assist

grandparents to create a memory investment for grandchildren. As a grandparent I could relate to many of the situations described. Some of the highlights of the book for me were: Providing space for the new family when the baby arrives; allowing the parents to make their own decisions without interfering; setting boundaries in terms of care-taking and to know what you as a grandparent are physically and emotionally able to provide; and lastly the memories grandparents pass on are very important because they will be kept and nurtured in the hearts of their grandchildren; this was clearly expressed in the book by various grade 5 learners.

This review was written by Charlene Arkeldien, Social Worker at the Parent Centre and grandmother of Aiden-Rain, aged 19 months

This review was written by Anita Grant, Social Worker and Counsellor at the Parent Centre. She is the mother of two adult children

Teenagers need Boundaries by Anne Cawood

I wish I had this book when my children were teenagers! Anne Cawood is a social worker and a school counselor who worked for several years at the Parent Centre. She is a popular speaker on radio and on TV shows. This book follows her earlier book, Children need Boundaries. I found this book easy to read, down to earth, practical and with humorous illustrations. The

author uses many examples from her own family and her practice. The book is comprehensive. She discusses the developmental stage of adolescence and emphasizes the parent child relationship. She discusses discipline and self-esteem, as well as issues relating to cell phones and computer technology. The author discusses social

issues such as clubs as well as dealing with sexuality. She also looks at darker issues such as alcohol, drugs, eating disorders and depression. This is an extremely worthwhile and recommended book for all parents of teenagers.

Adjusting the Boundaries: Helping children and teens cope with separation and divorce by Anne Cawood

This book is a 'must-read' for any parent going through separation and divorce. Anne Cawood draws from her years of counseling experience to offer support, information, useful tools and helpful insights which will help equip parents to deal with the effects of their separation, for themselves as well as their children. The book explores issues such as

how to communicate the news to the children, how to deal with the children's emotional responses, establishing appropriate rules and boundaries, drawing up a parenting plan, the legislation around co-parenting and how to move on after the divorce. Parents are given information that addresses specific situations too, including not

being married before the separation, step-parenting, or how to introduce a new partner to the children.

While many different scenarios are covered, this is an easily digestible book – with summaries, case studies and an index.

This review was written by Shira Jankelson-Groll, Social Worker and Counsellor at the Parent Centre as well as a mother of two young children

SUPPORT GROUPS FOR PARENTS

These groups provide a space for parents to focus on themselves, to be listened to and understood and to get support and ideas from other parents.

Moms-to-be and Moms and Babies Support group meets every Thursday, from 10 am – 12 noon at the Kingsbury Hospital, Maternity Section, 2nd Floor, Wilderness Road, Claremont.

Facilitator: Margaret Flack-Davison 021 7620116

NB! Please check the events calendar on our website for the monthly programmes

Woodlands Parent Support Group, Mitchell's Plain

This group of mothers, grandmothers and other caregivers meets fortnightly on Wednesdays at Woodlands Community Hall, c/o Selena Way & Mitchell Avenue, Woodlands, Mitchell's Plain.

Facilitator: Marilyn Matroos 021 3721121

Tafelsig Mother and Child Support Group, Tafelsig, Mitchell's Plain meets every Tuesday between 10 am and 12 noon at the Youth and Family Care Centre, c/o AZ Berman & Kilimanjaro Rds, Tafelsig, Mitchell's Plain.

The Group caters for mothers and children from birth to 5 years.

Facilitator: Nasiera Ebrahim 021 7620116

Hanover Park Mother and Child Support Group

meets weekly at the Hanover Park Community Centre, Hanover Park Avenue, Hanover Park on Tuesdays from 10 am – 12 noon.

Mothers and children between the ages of birth to 5 years are welcome.

Facilitator: Sharon Paulus 021 7620116

Gugulethu Parents Support Group

This group consists of parents, grandparents and teenage parents and meets weekly on a Wednesday at 10.30am at The Hall, No 142A NY1, Gugulethu.

Facilitators: Lephina Mojakgolo and Bulelwa Kuse 083 257 3541

Gugulethu Men's Group

This group welcomes all fathers – older, younger, teenage fathers and grandfathers, to its weekly support group. The group meets at Nobantu Primary School, Y89, Gugulethu, on Wednesdays at 3.30pm

Facilitator: Charles George 083 257 3541

Silvertown Parents Support Group (run in partnership with the Family Church)

The group meets every Wednesday from 10 am – 12 noon at the Genesis Educare Centre, Lower Klipfontein Road, Silvertown.

The group welcomes all parents, grandparents and other caregivers with children between the ages of 0 to 12 years.

Facilitator: Jann Watlington 021 7620116

INDIVIDUAL COUNSELLING AT WYNBERG HEAD OFFICE

We offer counselling for any parent or caregiver who experiences difficulties with their children. The counsellors are trained professionals. Fees are charged on a sliding scale.

PARENT AND CHILD UNDER 3 COUNSELLING

This is a new service which is offered at our Wynberg Office. It involves sessions with the parent and child and will cover common challenges such as eating and sleeping problems, presented by young children from birth to 3 years. Fees are charged on a sliding scale.

NB! The above service will not be withheld if prospective clients experience financial difficulties.

PARENTING AND COMMUNITY EMPOWERMENT AND SUPPORT

We offer

- Training courses on parent guidance counselling, facilitating parenting workshops and groups.
- Single talks on all aspects of parenting to groups of parents and caregivers in community venues.
- Parenting workshops in community venues.
- Support Groups for parents

PARENTING & LEADERSHIP

This course covers parenting skills and workshop facilitation for professionals and Community Workers who wish to become involved in parenting work in their settings and communities.

It is run at Wynberg office once a school term. Mentoring and Support is offered to those who will be engaged in implementing parenting work in their settings. Quarterly meetings to this end take place at the Centre.

For more details contact: Safura or Jann on 021 7620116; E-mail safura@theparentcentre.org.za or jann@theparentcentre.org.za

NB: Qualified social and social auxiliary workers will earn 15 CDP points. The course is registered with the SACSSP. Interested parties with other professional qualifications need to enquire from their professional boards whether they will earn CPD points for this course.

Parenting Indabas in Mitchell's Plain

19.8.2011: Closing the Gap

16.9.2011: Relationship Building

21.10.2011: Building a Family

Contact Charlene on 021 7620116 or

charlene@theparentcentre.org.za