



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



NOVEMBER 2008



PLEASE NOTE DATE CHANGE:



PARENTING THE STRONG WILLED CHILD

Nov. 6 & 18, 2008 from 6:00 – 9:00 p.m.

Wms. Co. Soc. Ser. /UMDHU Bldg. - 110 W Broadway

This **FREE** 2 session program is an opportunity for parents to share and gain a better understanding of their child's behaviors and learn effective ways to deal with them.

For more information or to pre-register call 774-6335.



MY SPACE, YOUR SPACE, OUT OF SPACE!

Parents, do you need help making sense of social networking sites such as My Space or Face Book?

This **FREE** program will be held:

Monday, Nov. 3, 2008

6:30 – 8:30 p.m.

Williston Community Library

Come join other parents to hear about how kids are using social networking websites to interact with their friends, make new friends and more. You'll see actual MY SPACE pages and learn about the importance of knowing what sites children can and do visit and how to keep them safe when they do.

To pre-register or for more information call 774-6335.



LIVING WITH YOUR 10-15 YEAR OLD

Mondays, Nov. 17, 24 & Dec. 1, 2008

6:30-9 p.m.

Wms. Co. Soc. Service/UMDHU Bldg. – Joint Conf. Room

Come to learn more about the developmental changes young teens are experiencing and ways to effectively discipline and communicate with 10-15 year olds.

To pre-register for this FREE program call 774-6335.

Thanks to District 1 Public Schools this newsletter is available online at www.williston.k12.nd.us – to view click on Community Resources then Parent Resource Center

ARE OUR CHILDREN OVERINDULGED?

In his book, *Too Much of a Good Thing: Raising Children of Character in an Indulgent Age*, Dan Kindlon, PhD., defines overindulgence as “**providing too many material possessions and too much power while shielding children from any responsibility, disappointment or failure.**” He states that “by giving too much and requiring too little, we are raising children who are at risk for depression and who may exhibit “the seven deadly syndromes”: self-centeredness, anger, extreme ambition, lack of motivation, eating disorders, impulsiveness and spoiled behavior.”

10 WAYS TO AVOID OVERINDULGING

Barbara Abromitis, EdD. Asst. Elem. Ed. Professor

1. Encourage and demonstrate self-awareness.

Parents can help their children develop self-awareness by acknowledging children’s feelings, helping children learn to recognize and regulate emotions and modeling awareness of their own emotions.

2. Model and express self-control.

Parents can model positive problem solving and offer choices and consequences that reward delayed gratification and lead to self-control.

3. Build self-efficacy, not self-esteem.

Parents can encourage and allow children opportunities for accomplishment and success that naturally lead to a strong self-esteem.

4. Practice empathy.

Parents can demonstrate and set up opportunities for children to think about situations from another person’s point of view to teach empathy.

5. Demonstrate compassion. Parents can model compassion, empathy in action, and children will learn not only to be empathetic to others but to act on needs other than their own.

6. Model and expect commitment.

Parents can encourage children to stick with commitments for a predetermined time in order to learn the pleasure of working hard and achieving or how to stay strong in the face of failure.

7. Allow boredom and down time.

Parents can avoid over scheduling every hour, every day for their children and allow for down time when children can develop hobbies, be creative, learn and play independently to foster a sense of satisfaction instead of boredom.

8. Insist on contributions to the family.

Parents can give children age-appropriate, meaningful family responsibilities as a simple way to counteract the tendency to overindulge and involve children in decision making and setting goals too.

9. Show love through time and affection, not things.

Parents can satisfy many of their children’s real desires by spending more time with them and giving them the attention they want.

10. Cultivate and model a positive, grateful attitude.

Parents can set an example of gratitude for what they have as a family and avoid the urge to fall into the trap of “consumerism” for themselves and their children.

“By setting limits and sticking to them, and adjusting children’s expectations for receiving material possessions and privileges, we can raise children who feel good about themselves for what they can contribute, how hard they can work and what they can achieve. In short, we will have indulged them with all the things they really need and for all the right reasons.”

Barbara Abromitis



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