

Acorn

News in a nutshell MARCH 2017

KINDNESS

SELF-DISCIPLINE



RESPECT

HONESTY

COURAGE



You're talking to a child...

As parents we spend most of our days talking to our children and yet they seem to not be hearing us. Which leaves us repeating ourselves time and time again. The challenge is that we often speak without understanding how our children receive our messages. Becoming an effective communicator is easy and it can be fun too!

Really listen to your child. Listening is more than simply hearing what is being said, parents should use specific tools to demonstrate that their child has their undivided attention. Make eye contact, kneel down to his level and even tilting your head-show him you are listening.

Repeat what you heard. Rephrasing what your child has said can help put your child's feelings into words. Use reflective statements to acknowledge and give words to his feelings, eg: *I can see you are frustrated with your homework.*

Ask specific questions to gather more information. This helps you gather more information, so you can understand what happened and how your child is feeling about it.

See the situation through your child's eyes. What seems fair to you can seem completely unjust to a child.

Acknowledge your child's feelings. At times, recognising how your child feels is all he needs to hear.

Try not to contradict, even if you think they're wrong. Allow your child to express how they feel about something.

Pause and think. Really consider how your child feels and carefully consider your response. Share your thinking about loud, so your child understands how you came to your answer.

Accept feelings. Good or bad, accept them for what they are. Avoid making your child feel ashamed of a feeling.



Tell your child how you feel about yourself. In this way, your child knows you have feelings and learns how to express his own.

Grant in fantasy what you can't give in reality. If your child badly wants something that he can't have, encourage him to imagine what he wants — and talk about it.

Ask a child what he wants to happen or would like to change. If your child complains about something specific, you might ask him to suggest some improvements.

Use dialogue to find solutions. By first letting your child vent negative feelings, and then asking him to imagine a different scenario, you are encouraging him not only to discuss the problem, but to become part of the solution.

Article sourced in part from PBS Parents: www.pbs.org

VISIT OUR

NUT SHOP BLOG - www.thecharactercompany.co.za/blog (Fantastic articles from our MENtors & Moms)



24 February...
Dinner with a Difference
Senior Oaks Event



25 & 26 February
TLC Volunteer Camp



17 - 19 February...
Weekend Boys Camp
Ikageng Children's Home



Activities

Park Play | PwC Bike Park | Wonderwall | Honeydew Fight Club

TALK TOPICS Communication
Listening Skills
Body Language
Showing Empathy



What's on in MARCH

4 MARCH
Bring your iBOUNCE!
9am, Fourways iBounce

5 MARCH
Vaal River Picnic!
9am - 2pm

17 - 19 MARCH
Bonsai Camp for Boys
Young acorn camp

26 MARCH
Family Picnic

2 - 5 April
Juniors Holiday Camp
Invites to follow soon...

6 - 9 April
Seniors Holiday Camp
Invites to follow soon...

Review

FEB THEME:
Know who you are

4 February
Family Picnic for all TCC
MENTors, Acorns & Mom

17 - 19 February
Weekend Boys Camp
Ikageng Children's Home

24 February
Dinner with a Difference
(Senior Oaks Event)

25 & 26 February
TLC Volunteer Camp

