

## 10 Easy Ways to Improve Your Parenting, No Resolutions Necessary

- 1. Empathize more.** Children don't always need to get their way, but they do need to feel understood. Isn't that what we all need? Whatever your child says or does, she has a reason. Even while setting limits, try acknowledging that reason. Instead of "Stop pushing him!" try "You want your brother to move so you can reach the truck. Say 'Move Please.'"
- 2. Tell them what they CAN do, instead of what they can't.** Instead of "Stop playing with the ball in the house!" try "Balls are for outside. Inside, you can throw the stuffed animals into the bathtub."
- 3. Get them laughing every day.** Laughter changes the body chemistry, decreasing stress hormones so kids are more cooperative and sleep better. It also increases bonding hormones, so when you laugh with someone, you strengthen your relationship.
- 4. Say Yes more often.** We're parents, so we have to set limits and say No, over and over all day long. So when you can say yes, say it. Even when you have to say no, can you say it with "Yes" energy? "YES, it's time to clean up, and YES I will help you and YES we can leave your tower up and YES you can growl about it and YES if we hurry we can read an extra story and YES we can make this fun and YES I adore you and YES how did I get so lucky to be your parent? YES!"
- 5. Spend "special time" every day with each child.** If you want to strengthen and sweeten your relationship with your child, here's your prescription. Just show up and pour your love into your child without controlling him. Parents often tell me that their children react to getting this one-on-one time "like they were missing an essential vitamin." They were. Every child needs this tangible expression of your love.
- 6. Use your pause button to yell less.** How will they learn to regulate their emotions if we don't regulate ours? You're the role model.
- 7. Turn your screen off when you're with your child.** Many children say their parents' phone is the most important thing in the parent's life. They'll remember for the rest of your life that you turned your phone off when you were with them.
- 8. Go outside and move with your kids.** Research confirms what your grandmother said. Children really do need daily fresh air, greenery and movement to de-stress and be their best selves.
- 9. Allow emotions, limit behaviour.** Of course you need to set limits. But when we allow emotions, children learn to manage them faster. Just say "You must be so upset to use that tone of voice. Tell me about it, Sweetie. We can figure this out together." Your child will start calming down before your eyes.
- 10. Put yourself back on the list.** You can only be emotionally generous if you take care of you. I know, that's tough, but it isn't sustainable to leave yourself off the list. Start by getting enough sleep and talking to yourself like someone you love. Monitor your well-being as you go through your day. Every day, do something that increases your level of joy. You'll see your good mood rub off on your child.



by Dr. Laura Markham, founder of [AhaParenting.com](https://www.ahaparenting.com) and author of [Peaceful Parent, Happy Kids](#), [Peaceful Parent, Happy Siblings](#) and her latest book, the [Peaceful Parent, Happy Kids Workbook](#)

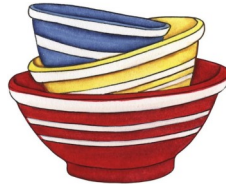
Original article found at [https://www.ahaparenting.com/blog/easy-ways-to-improve-your-parenting-no-resolutions-necessary?utm\\_source=Dr.+Laura%27s+Parenting+Tips&utm\\_campaign=62a9151236-EMAIL\\_CAMPAIGN\\_2018\\_01\\_07\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_45e38f2e1a-62a9151236-209784261](https://www.ahaparenting.com/blog/easy-ways-to-improve-your-parenting-no-resolutions-necessary?utm_source=Dr.+Laura%27s+Parenting+Tips&utm_campaign=62a9151236-EMAIL_CAMPAIGN_2018_01_07_COPY_01&utm_medium=email&utm_term=0_45e38f2e1a-62a9151236-209784261)

# Cooking and Learning Together

Cooking is an enjoyable activity for children. Parents and child care providers, however, may hesitate to welcome eager young chefs into the kitchen - anticipating mess, mayhem and unappetizing results. But planning ahead and taking the time to help children prepare simple recipes is well worth the effort. Cooking is not only fun, it can also be educational. In fact, cooking helps children develop important skills in a number of areas, including language, science, nutrition, art, sensori-motor development, socio-emotional development, social studies and mathematics.

## Science

- \* Investigating the origins of food
- \* Physical properties of food
- \* Food and temperature changes
- \* How food changes from one state or form to another



## Art

- \* Balance
- \* Aesthetic development
- \* Awareness of colour, form, texture, shape

## Socio-emotional Development

- \* Taking turns, sharing
- \* Feeling of competence
- \* Sense of independence
- \* Respect for other's work
- \* Trying new experiences



## Social Studies

- \* Ethnic foods
- \* Regional foods
- \* Geography
- \* Meaning of food in different cultures

## Sensori-motor Development

- \* Taste and smell differentiation
- \* Touch and food texture, size
- \* Sight and food appearance
- \* Small muscle coordination (chopping, stirring)
- \* Large muscle coordination (kneading, mixing)



## Language

- \* Reading recipes
- \* Asking questions
- \* Learning new vocabulary
- \* Writing and recording
- \* Following written and verbal instructions


## Mathematics

- \* Numbers, fractions
- \* Ordering
- \* Classifying
- \* Measuring
- \* Developing spatial concepts

## Nutrition

- \* Trying new and unusual foods
- \* Learning about Canada's Food Guide
- \* Developing positive attitudes about nutrition
- \* Planning a healthy meal or snack

# Workshops

Workshop (Pre-Registration Necessary— Call 613-283-0095 x300)	Date	Time	Location
<b>Positive Parenting</b>	Monday, February 4th	6:30 - 8:30 pm	Arklan School, 123 Patterson St., Carleton Place
<b>You're Not the Boss of Me!</b>	Wednesday, February 6th & 13th <b>** 2 week session. Attend both**</b>	6:30 - 8:30 pm	Perth Pool Annex, 3 Sunset Blvd., Perth
<b>Baby Picasso</b>	Thursday, February 14 	1- 2 pm	Perth Pool Annex, 3 Sunset Blvd., Perth
<b>Triple P Parenting Café Disobedience</b>	Wednesday, February 27	6:30 - 8:30 pm	EarlyON Child & Family Centre, 4 Ross St, Smiths Falls (park and enter on Harold St.)
<b>Tips for Twos</b>	Monday, March 18 & 25 <b>**2 week session. Attend both**</b>	6:30 - 8:30 pm	Arklan School, 123 Patterson St., Carleton Place

# Staff Directory



## Children's Resources on Wheels 613-283-0095



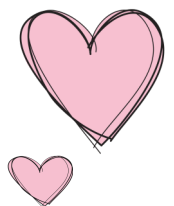
Jennifer Coughlin, Reception  
 Diane Bennett, Executive Assistant  
 Joyce Buckley, Program Facilitator— Perth  
 Sue Cavanagh, Executive Director  
 Linda Cybulski, Program Facilitator – Almonte  
 Jen Lafleur Bell, Program Facilitator  
 Peggy Lavigueur, Bookkeeper  
 Janice Kelly, Home Visitor Licensed Home Child Care  
 Issie Mullen, Program Facilitator – Carleton Place  
 Jane Paul, Parent Education Coordinator  
 Andrea Snyder, Program Facilitator – Lanark, Montague  
 Janet Wheeler, Resource  
 Lori Wintle, Program Facilitator – Smiths Falls

## EXT

300  
313  
307  
303  
314  
316  
302  
306  
315  
305  
318  
311  
310

## EMAIL

reception@crowlanark.com  
 dbennett@crowlanark.com  
 jbuckley@crowlanark.com  
 scavanagh@crowlanark.com  
 lcybulski@crowlanark.com  
 jlafleurbell@crowlanark.com  
 plavigueur@crowlanark.com  
 janice@crowlanark.com  
 imullen@crowlanark.com  
 jpaul@crowlanark.com  
 asnyder@crowlanark.com  
 jwheeler@crowlanark.com  
 lwintle@crowlanark.com



# Playgroup Schedule

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	Feb 4, 11, 25
Monday	Baby Talk Group at Almonte Library – Almonte	2:00 pm - 3:00 pm	Linda	Feb 4, 11, 25
Monday	Carleton Place - Arena	9:00 am -12:00 pm	Issie	Feb 4, 11, 25
Monday	Carleton Place - Caldwell School	9:30 am -11:30 am	Andrea	Feb 4, 11, 25
Monday	Perth - Perth Pool Annex	9:00 am - 12:00 pm	Joyce	Feb 4, 11, 25
Monday	Perth - Perth Pool Annex <b>(Afternoon)</b>	1:00 pm - 3:00 pm	Joyce	Feb 4, 11, 25
Monday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	Feb 4, 11, 25
Monday	Baby Talk Group at EarlyON Child & Family Centre - Smiths Falls	1:00 pm - 2:00 pm	Lori	Feb 4, 11, 25
Tuesday	Almonte - Naismith School	9:00 am - 12:00 pm	Linda	Feb 5, 12, 19, 26
Tuesday	Carleton Place -Caldwell School	9:30 am - 11:30 am	Issie	Feb 5, 12, 19, 26
Tuesday	Montague - Montague Centennial Hall	9:00 am -12:00 pm	Andrea	Feb 5, 12, 19, 26
Tuesday	Perth - Perth Pool Annex	9:00 am -12:00 pm	Joyce	Feb 5, 12, 19, 26
Tuesday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	Feb 5, 12, 19, 26
Wednesday	Almonte - R Tait MacKenzie School	9:00 am - 12:00 pm	Linda	Feb 6, 13, 20, 27
Wednesday	Carleton Place - Arena	9:00 am - 12:00 pm	Issie	Feb 6, 13, 20, 27
Wednesday	Carleton Place - Lanark Community Programs, 30 Bennett St <b>**NEW FRENCH PLAYGROUP**</b>	9:30 am - 11:30 am	Jen	Feb 20
Wednesday	Carleton Place - Caldwell School <b>**NEW PLAYGROUP**</b>	9:30 am - 11:30 am	Jen	Feb 6, 13, 27
Wednesday	Baby Talk Group at Caldwell School - Carleton Place	1:00 pm - 2:00 pm	Issie	Feb 6, 13, 20, 27
Wednesday	Lanark - Maple Grove School	9:30 am - 12:00 pm	Andrea	Feb 6, 13, 20, 27
Wednesday	Perth - Perth & District Union Library	9:00 am -12:00 pm	Joyce	Feb 6, 13, 20, 27
Wednesday	Smiths Falls - Lower Reach Park (Kinsmen Bldg.)	9:00 am - 12:00 pm	Lori	Feb 6, 13, 20, 27
Thursday	Almonte - R Tait MacKenzie School	9:00 am - 12:00 pm	Linda	Feb 7, 14, 21, 28
Thursday	Carleton Place - Caldwell School	9:30 am - 11:30 am	Issie	Feb 7, 14, 21, 28
Thursday	Lanark - Maple Grove School	9:30 am -12:00 pm	Andrea	Feb 7, 14, 21, 28
Thursday	Perth - Perth Pool Annex	9:00 am - 12:00 pm	Joyce	Feb 7, 14, 21, 28
Thursday	Baby Talk Group at Perth Pool Annex - Perth	1:00 pm - 2:30 pm	Joyce	Feb 7, 14, 21, 28
Thursday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Lori	Feb 7, 14, 21, 28
Friday	Smiths Falls - EarlyON Child & Family Centre	9:00 am - 12:00 pm	Jen	Feb 1, 8, 15, 22

## Saturday Events

**Feb 2, 9 am - 12 pm:** Enjoy a Saturday morning playgroup with Lori at the Smiths Falls EarlyON Centre, 4 Ross St. (park and enter on Harold St.)

**Feb 9, 1 - 2 pm** Issie will be skating at the Carleton Place Arena. Why not join her? \$1 for children, \$2 for adults.

**Feb 23, 10 - 1:30 pm:** It's time for another Intergenerational Playgroup with Andrea and her friends at Van Horne Retirement residence. 25 Van Horne Ave, Smiths Falls.



Children's Resources on Wheels (CROW)  
4 Ross St., Smiths Falls, ON K7A 4L5  
613-283-0095

