

# PARENT NOTES



## BALANCING WORK AND FAMILY

When our lives are busy and stressful it affects our kids too. After being on their best behavior at preschool or day care and they are safely home with you, their beloved parent, they may need to let off steam. If they do this in non-harmful ways, consider the following:

What do you do when children roll their eyes, stick out their tongue, make "bad" faces? One parenting consultant suggests simply ignore it. By ignoring such actions the child gets the message that it does not bother you. Dolores Curran suggests that you can walk away from a "smirking" child with your dignity intact. You might say something like "I'll get back to you later when you feel more like yourself." She stresses that a calm tone of voice is essential.

## HEALTH AND SAFETY:

Do you know how you can help children manage change or transition in their lives?

1. Maintain as many familiar routines as you can.
2. Help children talk about what is going on.
3. Listen and validate your children's feelings and experiences.

## FAMILY FUN

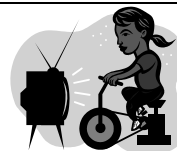
*(a great project to do with your children)*

### Pretzels

- 3 cups flour
- 1 Tablespoon sugar
- 1 Cup warm water
- 1 package dry yeast
- 1 teaspoon salt

Combine sugar and yeast in warm water and stir till dissolved. Let sit or five minutes. Add flour and salt. Stir well. Knead for 10 minutes until smooth. Shape into a ball on a lightly floured surface.

Let stand about 10 minutes. Roll a piece of dough into a strand about eight inches long and shape. How about your children's initials or a heart shape to remind them you love them? Let rise until doubled, about 30 minutes. Preheat oven to 400 degrees. Sprinkle with salt, sesame seeds, or cinnamon sugar. Bake on greased cookie sheet for 20 minutes. Enjoy!



## DID YOU KNOW?

There is a direct link between heavy TV watching and both violent behavior and language in children. The amount of time they spend watching is as important as what they watch. Studies shows that when parents cut the amount of TV watching by one half and turned the TV off during dinner, their children's behavior improved a lot. The children got along much better with their friends at school and were much less likely to hit or swear at another child.

For more information, try The Parents Television Council at <http://www.parentstv.org/>

Included in this web site are "The Family Guide, What's on your family tonight?" and "The 10 best and worst shows for your family." Look up a show rating, file an FCC alert, latest action, take action, press releases, research, studies and more...



Edmonds Community College, Family Life Education Department  
20000 68<sup>th</sup> Ave West, Lynnwood, WA 98036-5999  
(425) 640-1665/fled@edcc.edu <http://fled.edcc.edu>