



P.O. Box 22910
Gayridge
Margate 4275
KwaZulu-Natal
Tel: + 27 39 317 2761
Fax: + 27 39 317 2945
E-mail: admin@gcf.org.za
Website: www.gcf.org.za
REG NO: IT 5570/1992/PMB
NPO NO:004-524

THE FEVER: FYI COLUMN-

Issue 8 (30 April)

"Doing things like your Mother"

A woman who was newly married was cooking a roast for lunch. Her husband watched her cut both ends of the roast off before placing it in the oven. She then cooked the two ends in a separate pan. He asked why she did this, and she said it was the way her mom had done it but she did not know why. She then phoned her mom to find out, and her mom told her that her oven had been very small, and the roast would not fit in properly.

The above is a demonstration of why we need to be careful and know the reasons why we do things, especially when dealing with children. We need to know why we ask children to do things.

When handling difficult behaviour, you should adhere to the following Guidelines in Managing Children's Behaviour in a fair and appropriate way.

Check your attitude. You need to like and accept your children. If you feel negative about your children, you will not think good things about them, and children can sense this, and can result in damaging effects on them. Don't let them feel bad about themselves as this will create a low self-image.

Long Term Behaviour vs Short Term Quick Fixes. The goal of handling

behaviour is to develop more suitable behaviour. You need to teach them through a process of learning. Children need clear goals or they will get frustrated and act out. Proper discipline is aimed at encouraging suitable long-term behaviour.

Stop Doing Things That Don't Help.

If you continue to do things over and over again with no success, then you are wasting your time and both you and your children will get frustrated. You need to adapt your approach to suit the needs of the specific child.

Be Fair, Don't Treat Everyone the Same.

Each of your children have needs that differ, such as age. You must treat your approach to your children to suit their age appropriateness. You don't treat a toddler the same way you treat your teenager. Each child is an individual and should be treated as such.

Rules Have To Make Sense. Make sure your rules are easily understood by your children and the reasons you have them in place.

Model What You Expect. You also need to set the example and adhere to the rules. Your children learn a big part of their behaviour from you.

Being Responsible Is More Important Than Obeying. Your children are not in the army, so don't give them orders to obey. They need the freedom to choose to be

responsible and to experience the consequences of their choice.

Treat Children With Respect. By showing your children respect, you will make them feel valued and they will learn to respect others in return. Respect begets respect.

Practise Makes Things Easier.

Handling difficult behaviour is a skill. It takes time and practise, which you will learn many times as your children make mistakes. The key is to keep trying. You and they will learn together from each other's mistakes as you grow as a family.

Always Say You Are Sorry When You Have Done Something Wrong.

Every parent makes mistakes, but don't forget to say sorry when you do. Your child will forgive you, just like you forgive them when they misbehave. They will learn that saying sorry is easy when you model it.

In our next column we will discuss the difference between Discipline and Punishment.

And in case you miss out, you can always read more at www.gcf.org.za or www.southcoastfever.co.za