

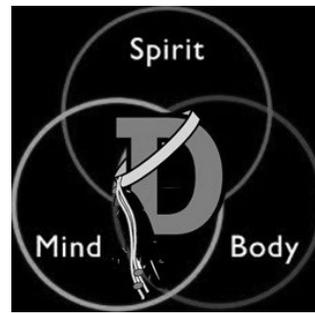


As the parents of three school age children (a ninth, eighth and fourth grader to be exact), Diane and I know

the challenges that exist when parenting. For example, finding ways to keep lines of communication open in hectic times, being caring and understanding while being firm and consistent and keeping high expectations in the face of whining can all be difficult. This is especially true with the busyness that occurs during the school year.

It is the goal of the Healthy Scoop to provide information so that the connection between school, parents and community can be strengthened even more for the benefit of all of our children. Over the course of this school year, look for information on a host of topics such as those listed above, as well as information on the everyday issues facing our children. Please join Dowagiac Union Schools as we continue to work towards a happy, healthy and educated community.

Paul and Diane Hartsig



The Importance of Listening to Your Child

- ◇ It increases your child's self-esteem.
- ◇ Helps them to form healthier relationships.
- ◇ Helps them develop trust in adult and peer relationships.
- ◇ They will be more accepting of other's point of view (including yours).
- ◇ They will be more likely to share their feelings and problems with you.

Tips on Listening

- ◇ Listen first: let your child tell you the problem, story etc...
- ◇ Use Listening Moments: kids may pick the "worst time" to let important information or feelings out. Be prepared to "drop" what you are doing to listen.
- ◇ Listen without judgment: you may not agree or see it as "big deal" but recognize it is important to them.
- ◇ Improve you skills: there are many websites, books and magazine articles to help any parent to improve.

Chieftains Healthy Scoop

Providing the Healthy Scoop to Support DUS Parents

Let's Talk...

It is very important for parents to be able to communicate openly and effectively with their children. Open, effective communication benefits not only the children, but every member of the family. Relationships between parents and their children are greatly improved when there is effective communication taking place.



Effective Strategies when talking to your Child

- ◇ Find time and a place to talk with your child.
- ◇ No Yelling, if necessary walk away until you both can be calm.
- ◇ Set ground rules like no interrupting, to use any time some one is speaking.
- ◇ Be open to talking about all kinds of feelings.
- ◇ It is never too early or late to communicate with your child.

Resources

- ◇ **One Tough Job:** <https://www.onetoughjob.org/parenting/communication>
- ◇ **Parentastic:** <http://parentastic.org/2009/07/14/how-to-talk-so-kids-will-listen/>
- ◇ **NCADD:** <https://ncadd.org/for-parents-overview/talking-with-children>
- ◇ **Positive Parenting:** <http://www.positive-parenting-skills.net/verbal-and-nonverbal-communication.html>



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