Dear Parents:

From the aggressive child’s point of view, aggressive behavior is a solution, not a problem.

A child who pushes others away gets to use the climbing equipment first. Grabbing a truck from another child gives the aggressive child a chance to use the truck. Aggressive behavior is rewarded.

Teach children more acceptable ways to get what they want. This might include swapping toys, taking turns or using words to ask for what they want. Explain that other children will want to play with them if they cooperate.

When emotionally overwhelmed most children (and adults) will behave aggressively. This is normal. Once calm, most children (and adults) can make amends and cooperate.

Yours for Children,

Elaine Wilson
Parenting Specialist

Fights at the playground can be avoided once children learn strategies for reaching more satisfying solutions.
Child Safety

Every year, unborn babies die from injuries sustained by expectant mothers in motor vehicle crashes. For pregnant women safety belts are effective and should be used.

For expectant mothers:

• Place the lap belt low, under the baby

• Place the shoulder harness over the shoulder and across the center of the chest, never under the arm

• Limit driving during the last three months of pregnancy, when the steering wheel is so close to the abdomen

• Buy or arrange to borrow a safety seat for your baby well before your due date to ensure you’re prepared for the baby’s first ride; practice with a doll to be sure you know how to use it properly

Source: The Americal College of Obstetricians and Gynecologist

Parenting in Public

Most parents agree that children should participate in organized competitive sports. Research now shows that competitive sports can create enormous stress in children, and that they may be much more dangerous physically than we ever thought.

The problem is that in a child’s mind there may be a conflict between what he perceives as his ability and the demands placed on him either by himself or by adults.

Parents aggravate the problem by scolding a child in front of his friends or by sending confusing messages by telling him to “go out there and have fun” while at the same time showing an attitude that you must win at all costs.

Give your child a break. Avoid competitive teams and play for fun. If you must have little league, be careful of your child’s feelings. Delay sports until the child is older.
Dealing with Drugs

Parenting Styles

Parents use various methods to discipline children. Most parents tend to use one of the following as their parenting styles most of the time.

**STRICT PARENTS**
- High Control
- Low Warmth
- PARENTS set rigid rules and regulations. They do not explain rules. They are not supportive.
- CHILDREN are less likely to have drug problems, but have lower self-esteem.

**POSITIVE PARENTS**
- High Control
- High Warmth
- PARENTS are not unreasonable in their control of kids. They explain rules. They show warmth and affection.
- CHILDREN are less susceptible to peer pressure.

**ABUSIVE PARENTS**
- High Control
- Low Warmth
- PARENTS use children for their own stress release. Children can not prevent abuse by good behavior for their age.
- CHILDREN are more involved in drug use, aggressive and delinquent behavior and have lower self-esteem.

**PERMISSIVE PARENTS**
- Low Control
- High Warmth
- PARENTS are warm and loving, but do not set limits.
- CHILDREN tend to have more drug problems and engage in more delinquent behavior.

**UNINVOLVED PARENTS**
- Low Control
- Low Warmth
- PARENTS do not set limits and are not supportive.
- CHILDREN are more involved in drug use and delinquent behavior and have lower self-esteem.