Dear Parents:

Oklahoma families now have local child care referral agencies serving every part of the state. Call the office serving your county. They will help you find child care that meets your needs. Also, call your local DHS office to arrange an appointment to review their reports on a center or home before you enroll your child.

Yours for Children,

Elaine Wilson
Parenting Specialist
Skills for Adolescence

Teach your adolescents some life skills yourself or enroll them in classes or a 4-H project. Learning a skill can give lifetime enjoyment, self-sufficiency and income. Teens who learn nursing, carpentry, photography, accounting, art, child care, and landscaping can get jobs in these fields while they are teens. They can earn money to save for college or to spend for current needs and wants. These skills may lead to a lifetime career, hobby or a well-paying part-time work while in school.

Co-Parenting

Children don't always know there will be enough love to go around once their parents live apart. Prove them wrong! Here's a way to explain it to them. Show your children a lighted candle and tell them that the flame represents your love. Then light another candle from the flame of the first one to represent the other parent's love. Neither is diminished by the other. A third candle can be lit from either of these two flames. Again, neither flame is diminished. Moral: There is plenty of love to go around.
Discipline From the Child's Point of View

★ Don't spoil me. I know quite well that I ought not to have all that I ask for. I'm only testing you. I need to know you care enough to say no when it is important.

★ Don't make me feel smaller than I am. It only makes me behave and feel badly.

★ Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly with me in private.

★ Don't make me feel my mistakes are sins. It upsets my sense of values.

★ Don't protect me from consequences. I need to learn from experience.

★ Don't forget that I cannot explain myself as well as I should like. This is why I'm not always very accurate.

★ Don't make rash promises. Remember that I feel badly let down when promises are broken.

★ Don't tax my honesty too much. I am easily frightened into telling lies.

★ Don't tell me my fears are silly. They are terribly real and you can do much to reassure me if you try to understand.

★ Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.

★ Don't ever think it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.
"Parents' attitudes and childrearing practices can enhance children's self-esteem. Parents who embrace a firm, consistent position are more likely to interact in ways that foster higher levels of self-esteem with their children."