

# CAPMC HEAD START JANUARY 2025 NEWSLETTER

This month we will share information on how to use positive language to improve your child's behavior. As a parent, you might find yourself using words and phrases like "stop it", "no", or "Don't do that!" when your child begins to make his own choices. Now, stop for a moment and consider how the conversation might feel if you couldn't use these words? What if, rather than telling your child what he can't do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors. Below are some strategies you could apply at home to help them improve your child's behavior.

## Replace "don't" with "do"

Tell your child what she can do! If you saw her cutting the leaves of a plant, rather than saying "Don't cut that!" you could say, "Scissors are for cutting paper or play dough. Which one do you want to cut?" It is more likely that your child will make an appropriate choice when you help her to understand exactly what appropriate options are available.

## Offer a choice

When you provide your child with a choice of things that he can do, wear or go, he is more likely to select one of the options you have offered because it makes him feel like he is in control. This strategy also works for you as a parent because you approve of their choice

## Tell your child "when"

"When your child asks to do something, rather than saying no, acknowledge her wish and tell her when she might be able to do it. This answer feels more like a "yes" to a child. For example, if your child asks to go to the park, but you are on the computer finishing up a work project, you could say, "The park sounds like a great idea! I need to finish this letter for work right now. Would you like to go after your nap today or tomorrow morning after breakfast?"

## Use "first-then" language

Another way to tell a child when he can do something in a positive way is to use a "first-then" statement. For example, if he wants to watch TV but you would like for him to pick up his toys, you could say "First, pick up your toys and then you may watch a tv show."

## Give your child time to think

Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice. When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. If you remain calm and patiently repeat the statement again, you will see fewer challenging behaviors.

## Help your child to remember

Children are easily distracted. Sometimes your child may need you to help him remember what you asked him to do in order to do it. "I remember" statements are very useful in these situations. Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel like he has failed.

# PARENT RESOURCES

## JANUARY 2025

### Pyramid Model - Strategy of The Month

This month we will share some brief tips on teaching emotions and communication is key. Try the following at home:

#### Teaching Emotions

- Share a story that shows characters who experience an emotion.
- Make an emotion book with your child.
- Play make a face such as a happy, mad or angry face with your child.
- Play "mirror, mirror...what do I see?" with your child.

#### Communication is key

- Avoid saying "Don't run!" instead say "walk; stay with me; hold my hand."
- Avoid saying "Stop climbing" instead say "Keep your feet on the floor."
- Avoid saying "Don't touch!" instead say "Keep your hands down; Look with your eyes."

### NAMI

NAMI is the National Alliance on Mental Illness. It is the nation's largest grassroots mental health organization. They are dedicated in building better lives for the millions of Americans affected by mental illness. The NAMI HelpLine (1-800-950-6264) provides the one-on-one help and information necessary to tackle tough challenges that you, your family or friends are facing.

Scan the QR Code to find your local NAMI and learn more about their mental health services. Also, chat or text "helpline" 62640 or in a crisis call or text 988.



### Low-Income Home Energy Assistance Program (LIHEAP)

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that provides assistance to eligible low-income households with the goal of managing and meeting their energy costs and immediate home heating and/or cooling needs.

For further information contact Community Services at (559) 673-9173 or scan the QR code to get started with the application.



### Victim Services

Community Action Partnership of Madera County, Inc. (CAPMC) Victim Services, provides compassionate and comprehensive services to victims of crime, sexual assault/rape, and domestic violence. Specially trained advocates guide individuals and families by offering help and resources.

If you or someone you know has experienced rape or sexual assault, please call the 24-Hour Crisis Hotline, 1(800)355-8989. For more information about the program scan the QR code.



### "Question of the Month"

What is a QR code?

A QR code, which stands for "Quick Response" code, is a type of barcode that can be scanned by a smartphone camera to access information like a website URL, contact details, or other data stored within the code's pattern of black and white squares; essentially, it's a visual way to quickly link to digital content by simply scanning it with your phone.

Scan the QR code for more information about the subject,

