

Open Parent Association Board Meeting

November 29, 2011

Present:

Father McGuire

Beverly Viotti (BV)

Jennifer Sabo (JS)

Jody Gandelman (JG)

Kim Hughes (KH)

Kim Cresci (KC)

Cathy Danigelis (CD)

Gina Bartlewski (GB)

Gwen Coffey (GC)

Jeanine Tonas (JT)

Keara Meyercord (KM)

Robin Wall (RW)

Opening Prayer – Father McGuire

Welcome – JG

Announcements

- “Creating Healthy Friendships” talk by Denise Uhl will be held in Ward Hall on November 30, 2011, at 8:15am
- Breakfast with Santa tickets are available for purchase online
- Parents earn 2 volunteer hours for attending tonight’s meeting

“Encouraging Responsibility” Speaker – Susan Stone Belton

Goal of Parenting: Raise a Successful Adult

1. Children should have the following values: kind, responsible, capable, close relationship with parents
2. Do not focus on “in the moment” issues like getting straight A’s but instead, look ahead to the values you want to instill
3. Parents must model the behavior they want their children to exhibit since our children watch us all the time – i.e. no yelling
4. Everything has to be taught – i.e. honesty, responsibility
 - Teach values long before kids need to exhibit them
 - Do not protect kids from failure – kids need to learn how to deal with disappointment

How to Raise a Responsible Child

1. Teach tasks/assign chores – increases a child’s self-esteem
2. Teach manners

3. Teach children to be responsible for themselves – tell the truth, be an independent thinker
4. Teach kids what their choices are to help them make the right decision – this doesn't always mean they do what you want them to do
5. Be responsible to society – community service projects like the Giving Tree

3 Steps to Behavior Management

1. Set up family rules
2. Set up consequences
3. Follow through with consequences

Ways to Teach Responsibility

1. Start at a young age
2. Give attention to your kids for behaviors you want – positive reinforcement
3. Set up a reward system
 - Some kids need extrinsic rewards in addition to intrinsic rewards
 - Allowances are good – kids learn how to save, spend, and share
4. Set reasonable expectations – age-appropriate (physically and emotionally) and safe
5. Remind kids of expected behavior
6. Give clear instructions – use an end-time instead of saying “now”

Communication

1. Listening – what you hear is more important than what you say
 - Give children your full attention, eye-to-eye contact
 - Listen to understand and not to respond
2. Talk
 - Speak to children in the way you would like them to speak to you – respectfully
 - Respond with empathy

3 Best Times to Talk to Your Children

1. In the car
2. At the dinner table
3. At bedtime

**Kids need free time so do not overschedule your children

**Do not yell – kids will model your behavior

**Do not punish – enforce a negative consequence from a choice they made

**Trust and independence is earned