



BETTER
KID CARE
PROGRAM



Family Time Work Time

A B A L A N C I N G A C T

BUILDING STRONG FAMILIES

Teaching Your Child What to Do

Children are not born knowing how to behave the right way. The word *discipline* means to teach. A parent's job is to teach their children how they want them to behave, so they will be safe and get along with others.

Children need limits and rules so they know what we expect of them. Your child may act as if he wants to be in control, but keep this in mind: Children feel secure when they know the adults in their lives are in charge. When parents "give in" too much, a child tends to try to push limits even more. This leads to anxious, stressed children — and parents!

Firm, fair, and — most important — consistent rules help teach children what we expect from them and help them feel secure. Some children seem to have more of a need to assert themselves and push limits than others. When it is reasonable, give choices, all of which are OK with you, in these situations. Your child will feel she has power over some things in her life. Some examples are, "Would you like milk or orange juice with your breakfast?" or "Do you want to read a story or listen to some music

before your nap?" or "Do you want to put away the blocks or the books first?"

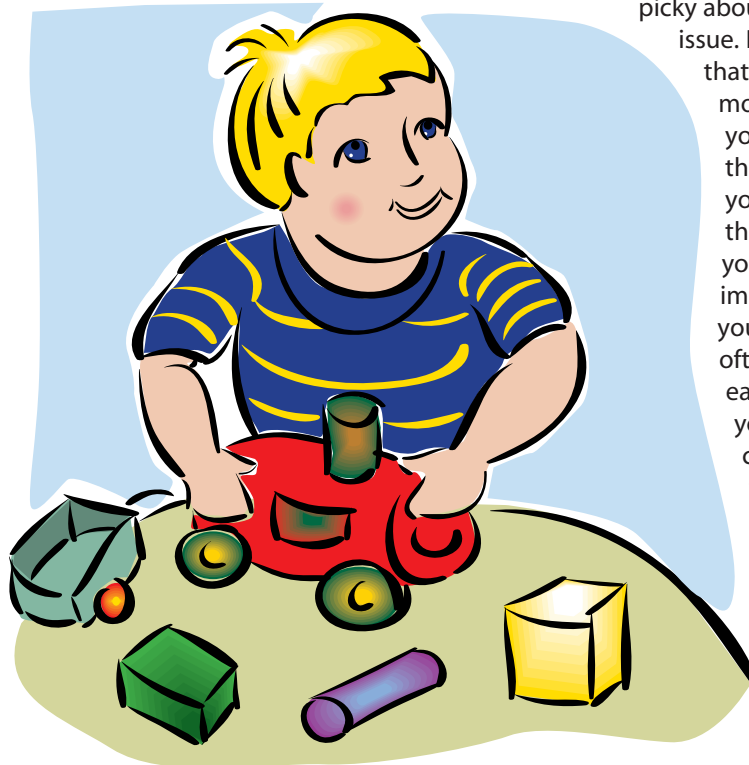
Be positive. Avoid telling what **not** to do. Good rules tell a child what to do. Say, "Pet the dog gently" instead of "Don't squeeze the dog." Or say, "We

walk in the house. You can run when we go outside to play" instead of "No running!"

Be careful how you phrase things. It is better to say "It is time to wash your hands" instead of "It's time for dinner. Will you wash your hands?" When you state something in the form of a question, it implies that your child has a choice. There are times, however, when choices are not possible.

Routines can help. When you establish routines for times such as bedtime, cleaning up, and mealtimes, your child learns to depend on these and feels secure in knowing what is expected at that time of day.

Try not to have too many rules. Choose issues that are most important to you and are needed for your child's safety. Be careful not to be picky about every little issue. Remember that you teach more things by your example than by what you say. Model the behaviors you expect. Most important, show your children, as often as possible each day, that you love and care about them!



Storing and Using Medicines Safely



- Medicines need to be stored in their original containers, so no one will mistakenly take the wrong one.
- Keep all medicines, vitamins, and dietary supplements where children cannot see or reach them. Do not leave them on the kitchen counter as a reminder. Be aware that your purse or briefcase is the worst place to keep medicines from curious kids.
- Read the label and follow all directions when giving or taking medication. Remember that there is a big difference between a **TBSP** (tablespoon) and a **TSP** (teaspoon.) Use a measuring spoon or dosing cup, not an ordinary kitchen spoon.
- Never buy a medicine when the packaging looks like it has been damaged or opened. Makers of medicines seal most products in tamper-evident packages. If anything looks wrong with the packaging or the medicine that you purchase, take it back to the store where you bought it!

The cold and flu season has arrived. It is a good time for parents to make sure medicines are stored and used properly. Here is some safety information provided by the Consumer Healthcare Products Association of the U.S. Department of Health and Human Services.

- Child-resistant packaging helps keep kids out of the container. Be sure to re-lock the closure of a container after each use.
- Keep your medicine storage area locked, so children cannot get to them.

- Check through your medicine supply at least once a year, looking for expiration dates. Throw away any whose dates have expired.
- Store medicines in a cool, dry place or as stated on the label. The medicine cabinet in a damp bathroom may not be a good place to store medicines.
- Try not to take your own medicine in front of your children. They may be tempted to copy you with your medicine later on.

For more information on family health issues you can go to the Consumer Healthcare Products Association Web site at www.chpa-info.org. Under **Consumer Publications** you will find such publications as the *Family Self-care Handbook*, *The New Over-the-Counter Medicine Label — Take a Look*, and *Over-the-Counter Medicines — What's Right for You?*

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