

The Parent Page



Life Education Centers
Pledge for Life Partnership



www.kan-i-help.org

Celebrating Wise Highs ... Choices for a Lifetime

Spring 2010



Finishing the School Year on Track

As the warmer spring-time air beckons, young minds are tempted to wander from school and homework. Kids may slack off on studying or blow off assignments when it's actually the time to buckle down and prepare for the last months of school and culmination of a year's worth of hard work.

Although staying focused with a case of spring fever can be challenging, here are

some tips to help keep your children motivated and engaged.

Set realistic goals: Don't let exams sneak up. Help your kids plan out what they need to do to prepare. To avoid becoming overwhelmed, break bigger assignments into smaller goals.

Countdown: Hang up a wall calendar and have your kids circle important dates and deadlines. Also write in any scheduled activities, including social events, family trips or other upcoming obligations so they can actually see what lies ahead. Sometimes what kids perceive as a lot of time is actually shorter than they think.

Break Time: Allow kids some down time. Help them learn how to let go of stress by doing something they enjoy. Let them decompress with friends, by watching a movie or exercising. They'll come back refreshed and ready to work.

Make a List of Accomplishments: Remind your kids about the goals they have succeeded in reaching and create a list of milestones to show that you are proud of them.



The number one reason kids don't drink or use drugs is because they don't want to disappoint their parents.

The best way to keep kids from having addiction problems later in life is to prevent them from first trying alcohol or drugs in their teenage years. Just follow this simple advice:

Set clear expectations. Be a parent.

Be a good role model.

Give them the right information.



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Alcohol Awareness Month ... Spotlight on Underage Drinking

Outstanding Service Recognition



Congratulations to the staff at the Ford-Iroquois Public Health Department, who were recognized at

the Illinois Disaster Assistance Program Statewide Conference on March 12 for their service to residents affected by the 2008 floods. They were among agencies from nine counties receiving awards based upon the use of best practices, exemplary service to residents and utilization of grant funding.

Gangs: What parents can do

The early adolescent years (ages 12-14) are a crucial time when youths are exposed to gangs or may consider joining one.



Research shows that parents play a pivotal role in keeping young people out of gangs. Parents can protect their children from gang activity by monitoring their behavior, fostering close relationships with them and using positive discipline strategies.

Talk to your children about ways to avoid gangs. Set firm limits and let them know that you disapprove of gangs. Also, tell your child not to:

- ✓ Associate with gang members or hang out where gangs congregate
- ✓ Attend any party or activity sponsored by gangs
- ✓ Use any kind of hand or finger gestures that may be meaningful to gangs
- ✓ Wear clothing that may have meaning to gangs in your area



Isolation is often a contributing factor to child abuse. Lack of a support system and the feelings of being stressed and alone can intensify problems. Protecting children is everyone's responsibility. Begin today by being a positive parent or caretaker and help other family members, friends and neighbors be positive parents, too. **Here's what it takes to be a nurturing parent:**



Make your child a priority and tell her that you love her everyday!

Really listen to your child and remember that kids move at a different pace when they tell a story about their day.

Make some special time for each of your children.

Set a good example. Use good manners; set clear limits; consider how your decisions will affect your children; resolve conflicts quickly; and take a time out for yourself if you need it.

Reach out to other family members, friends and neighbors. Get involved in something where you can socialize with other parents or join a support group. If you feel out of control or like a bad parent, seek help.

**CALL 1 800 25ABUSE
(1-800-252-2873)**

**Wear your blue ribbon for kids during Child Abuse Prevention Month this April.
Visit www.preventchildabuseillinois.org.**



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