

Parent Pamphlet

26TH EDITION FALL 2013

Fall



SPECIAL POINTS OF INTEREST:

- Spaces are available in our Tiny Tots Preschool
- Youth Center Hours
Tuesday-Friday
2:30-8:00pm AND
Saturday 9:30am-5pm

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Are you keeping your cool with your kids?

•**Parenting is a tough job:** Give yourself credit for taking on an unpaid 24-hour-a-day, seven-days-a-week job.

•**Parenting is the most important job you will ever have:** Remind yourself that through good parenting you have an opportunity to make a real difference in the world.

•**Sometimes kids are just being kids:** Learn what to expect from your child at each stage of development. Children progress through predictable stages and their needs and behaviors change over time. Sometimes it helps just to know that 2 yr. olds have temper tantrums and teenagers challenge the authority of their parents. There are many good books to help you. Check with your child's doctor, school, your church or the local bookstore for ideas.

•**Babies are not always bundles of joy:** Never shake or physically discipline a baby. Hitting or shaking a baby causes them to cry more and greatly increases the risk for serious physical damage or death. It is normal to be stressed when your baby cries, but it is dangerous to express your feelings with physical force.

•**Sometimes children misbehave to get attention:** Don't forget to pay attention to your children when they are being good. If they know they can count on your attention for good behavior; they will be less likely to misbehave.

•**Structure and predictability are important for children:** Provide structure and predictability

for your child from infancy through the teen years. If a child knows what to expect, behavior problems are less likely.

•**Your children will not always like your rules:** Be clear in letting your child know what you expect and then be consistent in following through on those expectations, but don't expect your children to agree. All children test the limits, but they are less likely to frustrate you if you set clear rules and enforce them.

•**Discipline does not need to be physical:** Learn to use non-physical discipline. It works and you don't run the risk of hurting your children. Some examples of non-physical discipline are taking away privileges and time outs. Call your doctor, your school, or your church or synagogue for ideas about classes or good books to help you develop a plan for non-physical discipline.

•**No parent is perfect:** Know what "trips your trigger" and stay tuned into your own stress level. Stress that is occurring in your marriage, your job, and with other family members affects your ability to handle child behavior problems. Put together a "cool down-calm down" plan in advance. For example, give yourself a "time out" if you think you are about to lose control with your children. Make sure your children are supervised, but detach from the conflict and do something nice for yourself.

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Check Out Our New Website

The Recreation Department is pleased to announce the unveiling of the new County of Tuolumne website. This new website is more user friendly and much easier to navigate. There are also many interesting features such as email and text notifications when there are any changes or important news releases regarding your favorite recreation programs.

Take a few minutes to check out all the great features on our website and while you are there you can complete a comment form and let us know how we are doing.



Free Afterschool Tutoring

Homework Club is a Youth Center program embedded in the centers daily activities. The Club provides a quiet, structured environment for your child to do his/her homework. The main goal of the homework club is to instill good work habits, organizational skills, and a sense of accomplishment in every participant.

Homework Club takes place Tuesday through Friday the entire school year with the exception of holidays and school break. Homework Club helps students manage their assignments and allows families a chance to have fun, family time every night.

“Don’t be afraid or embarrassed to reach out for help.”

Keeping your cool... continued from page 1

•**Humor relieves stress:** Practice a “lighten up” approach to frustrating situations with your children. Children respond positively to a touch of humor and humor can soften the seriousness of many situations.

•**Alcohol and drug use makes you more likely to hurt your children physically and emotionally:** Do not use alcohol or other chemicals to relieve your stress. Alcohol and other chemicals change your behavior and increase the risk that you will react impulsively in ways that will hurt your children.

•**No man or woman is an island:** Don’t be afraid or embarrassed to reach out for help. Every parent feels overwhelmed at least some of the time. It is often helpful to share your frustrations with a trusted friend, relative, counselor or member of the clergy.

If you are overwhelmed and need help call ICES at 533-0377. They have a variety of resources for parents to assist them in challenging situations.

“You don’t have to be a fighter to train like one!”

Family Portraits

Saturday November 9th from 10am-2pm

\$45 for a 20 minute photo session and a disk with all photos.

Location: Tuolumne County Museum 158 West Bradford Street, Sonora

Space is very limited and fills up quickly.

Call the Recreation Department to schedule your appointment today.
533-5663



Fall and Winter Fitness Classes

Sonora MMA is hosting a variety of youth and adult martial arts based classes this Fall and Winter. These are high intensity, amazing workouts suitable for all fitness levels.

For more details on this exciting new fitness opportunity, visit the Recreation Department’s website and download flyers and registration forms.

For class specific information, contact Sonora MMA at 533-3505



What your kids Really want for dinner is You

Whether you're cooking a gourmet meal, ordering food from your favorite take-out place or eating on the go, rest assured that what your kids really want during dinnertime is YOU!

Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The communication that occurs over the course of a meal is critical in building a relationship between you and your kids and it helps you understand the challenges they face.

Did you know that eating dinner frequently with your children and teens reduces their risk of substance abuse?

Research by The National Center on Addiction and Substance Abuse (CASA)* at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs.

Regular family dinners aren't the only way to help keep your kids substance free. Here are some other important things you can do:

- Set a good example.
- Know your child's whereabouts, activities and friends.
- Set fair rules and hold your child to them.
- Maintain open lines of communication.
- Surround your child with positive role models.
- Learn the signs and symptoms of teen substance abuse and conditions that increase risk.

www.casafamilyday.org

Tuolumne County Youth Center Locations

Groveland Youth Center

18950 Highway 120
Groveland, CA 95321
Phone: 209-962-7263

Jamestown Youth Center

10540 7th Street
Jamestown, CA 95327
Phone: 209-984-4188

Tuolumne Youth Center

18636 Main Street
Tuolumne, CA 95379
Phone: 209-928-4527

A Simple Way to Relieve Back to School Stress

Did you know that active play is a proven stress reducer, not only helping children during times of trauma, but also to handle the stresses of everyday life. A recent study in Finland found that physical activity helps children cope with stress, with physically active children reporting "happier moods and fewer symptoms of depression than children who are less active."

There is a simple way to offer this stress reduction to your children. Simply find a park or playground and let your children explore it freely. Besides being a huge stress reliever for children, outdoor play also has some added benefits for parents.

1. Regular outdoor play is good for the soul. Activities like swinging, building sandcastles, rolling down grassy hills, and running through a fountain on hot summer days help you feel like a kid again. You will also have incentive to escape from computers, piles of laundry, and other distractions.
2. It's easier to get your kids to bed. Each day will provide your children with opportunities to be physically active as they increase their strength, coordination, and endurance.

As a result, they won't be as squirmy at home and will rarely have trouble falling asleep at night!

3. Play opens doors to teachable moments. Rather than constantly playing the role of disciplinarian, you become a support to your child's exploration, discovery, and learning. As you explore playgrounds and nature areas, your children will undoubtedly ask you endless questions, and each day will be filled with teachable moments.
4. You meet new people in your neighborhood. As you explore, you will inevitably strike up conversations with other parents, contributing to a sense of community and connectedness. This can be particularly meaningful for stay-at-home parents – a job that is sometimes very isolating.
5. Your family can experience new places right at home. Many parents are unaware of the surprising number of parks, playgrounds, and nature trails in our community. You may discover a hidden gem and explore nearby neighborhoods you have never had reason to visit before.

Article Taken from KaBoom.org KaBOOM! is a national non-profit that envisions a great place to play within walking distance of every child in America.

Get Crafty



Do you like putting notes in with your homemade lunches? Check out this crafty idea. Its simple, inexpensive and lasts forever.

Here's what you do:

You can find a bottle of chalkboard paint and paintbrush just about anywhere. This usually will cost between five and ten dollars.

Chalkboard paint typically takes three to four coats to work properly and you must make sure to allow it to fully dry between applications.

If you purchase the chalkboard paint you will be very surprised at all the different creative ideas you will come up with such as painting wooden gift tags that can be used over and over or painting your back door where you can write notes for yourself so you don't forget something when you're headed out in the morning.

If you are really brave you could even paint one of your kitchen cabinets or pantry door for special notes or shopping lists. The possibilities are endless. And it's just paint. If you don't like it you can always paint over it.

Make Ahead-Banana Bread Breakfast

Are you sick of throwing away bananas because they ripen quicker than you can eat them? Here is a great way to save those browning bananas and create a delicious snack or quick on the go breakfast for yourself and your kids.

When your bananas begin to brown and your family won't eat them, toss them in the freezer, peel and all. They will stay good for months, until you acquire enough to squish into this tasty treat.

- 7 ripe medium bananas, mashed
- 1/2 cup unsweetened apple sauce
- 2-1/2 cups unbleached all purpose flour (or whole wheat flour)
- 1-1/2 tsp baking soda
- 1/2 tsp salt
- 4 tbsp butter, softened
- 1 cup light brown sugar
- 4 large egg whites
- 1 tsp vanilla extract
- 3/4 cup chopped walnuts (optional)
- baking spray

Directions:

Preheat oven to 350°. Grease two 8x5 inch loaf pans with baking spray.

In a medium bowl, combine flour, baking soda and salt with a wire whisk. Set aside.

In a large bowl cream butter and sugar with an electric mixer. Add egg whites, bananas, apple sauce and vanilla, and beat at medium speed until thick. Scrape down sides of the bowl.

Add flour mixture and walnuts, then blend at low speed until combined. Do not over mix. Pour batter into loaf pans and bake on the center rack for 50 minutes, or until a toothpick inserted in the center comes out clean.



Let the pan cool at least 20 minutes. The bread should be room temperature before slicing, although I've never been able to wait that long to dig in. Enjoy!