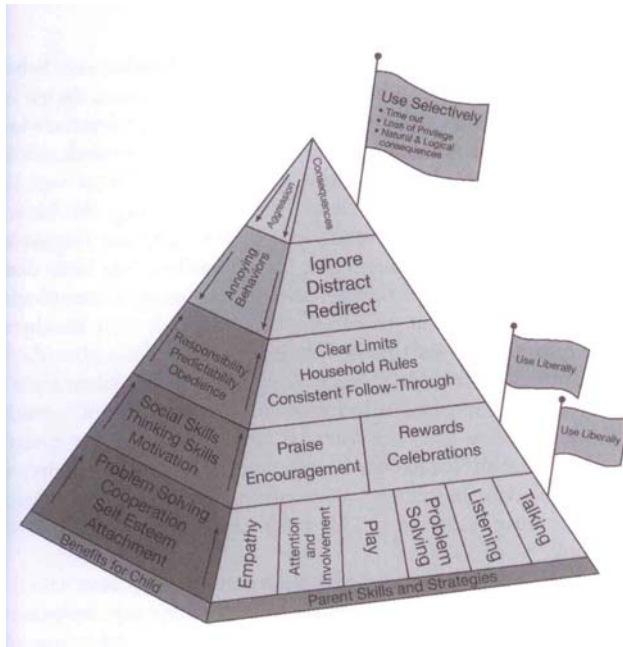


# The Incredible Years Newsletter

## The Beginning Basics Volume 1

Ever stand in the middle of the grocery store looking at your child (who is unhappy at the moment) and wonder if you are REALLY cut out for being a parent??? We have all had our doubts and our frustrations over the years. And nothing will completely take that worry away. BUT you can build up your skills and confidence so that you are at your best! Skills you say? Yes, although your child did not come with directions, you do need skills and tools to do your best parenting. The best news is that you can find those RIGHT HERE!

- 1. Welcome to the newsletter for the Incredible Years! We know that so many of us have so little time and want to make the most of what we do have. This parent training material is designed for multiple classes, but we are hoping to give you some highlights and tips that will not cut into your time. If you find it is life changing and you want more information to keep improving your own situation, just contact us for more in depth training at 641-236-7511 and ask for Vicki Nolton, or check out the website for the Incredible Years at <http://www.incredibleyears.com/program/parent.asp>. Let's get started with our information to get you headed down the road to success.**



This is my favorite pyramid! It is the perfect reminder that we must start at the beginning and give our children a stable and solid base to grow on. All the parenting magic in the world will not work if you do not start with the basics. It is never too late to try the basics. Never lose hope on the relationship you can have with your children. They are resilient and they need your love and affection. Where you start and what you do will always affect them. As you can see, the base is your skills and abilities to interact with your child and the benefits for the child in these interactions.

**So if the basics are your skills and abilities to interact with your child and the benefits for the child in these interactions, we should start building those and explain how to make the most of these! Play....play....play....**

**Now that sounds easy and fun right? It should be! But there are some key elements that may be new and different for you. If you are a multi tasking super machine what follows may take some concentration and restraint on your part.**

**Keys to playing with your child:**

- 1. Follow your child's lead and at their pace.**
- 2. DO NOT compete with your child!**
- 3. Praise and encourage your child and be an attentive and appreciative audience.**
- 4. Describe what your child is doing, but avoid asking questions.**
- 5. Avoid giving too much help-let your child problem solve.**
- 6. Laugh and enjoy!**

**So what can I break this down into?**

- 1. Turn off your cell phone/video game (no you cannot play your video game and have them play along as the time together)and do this when you can do it without interruptions. I know this is difficult and sometimes cannot happen, but practice and try-you will be surprised what you can accomplish!**

2. Try imaginative play such as puppets, army guys/barbies, house/farmer, etc. Assure that whatever you do that it is age appropriate and something your child wants to do.
3. Take your time-do not set a timer or rush this....multitaskers, are you listening still???
4. Complimenting their sharing skills or calmness or good manners is key to this!
5. HAVE FUN!

**IT ISN'T ALWAYS ABOUT YOU TEACHING THEM A LESSON....THEY COULD BE TEACHING YOU TOO.....**

So try it out! This works with all ages really, just adjusting the activity. For babes make this more face time-talking and singing. For teenagers this may be dreaming with them about what they want to be when they grow up (we struggle to not ask questions or PROVE to our teenagers that what they are considering might not be as perfect as what we want for them....are you up to the challenge of trying something new??) TRY is the key! The weather is looking up and there is no better time than today to try something new! GOOD LUCK!

**FUN HINTS:**

Fabulous website FULL of money saving and great mommy (and Daddy) tips:

<http://www.mommysavers.com/>

For those rough days when nothing seems to go right....inspiration at its finest:

<http://www.youtube.com/user/davidmbailey007#p/alu/1/s14ScYNsKlc>

Creativity for all corners of a parent's life:

<http://familyfun.go.com/>

## Recipe of the Month:

### Homemade Pudding—NO BOX NEEDED!

#### Ingredients

- 2 cups milk
- 1/2 cup white sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon butter

#### Directions

2. In medium saucepan over medium heat, heat milk until bubbles form at edges. In a bowl, combine sugar, cornstarch and salt. Pour into hot milk, a little at a time, stirring to dissolve. Continue to cook and stir until mixture thickens enough to coat the back of a metal spoon. Do not boil. Remove from heat, stir in vanilla and butter. Pour into serving dishes. Chill before serving.