



Kin Care News

How You Say It Is Key

All parents get tired of yelling and repeating themselves trying to teach their children the same lessons and the appropriate way to behave. When it comes to disciplining your child effectively, how you communicate – what you say and how you say it -- are key. Discipline your child with words that are instructive, not destructive, and that are caring, not callous. If your child feels that you respect him or her, your child is more likely to comply.

How to effectively discipline and guide your child

- **Be calm.** Your neutral tone shows your child you are standing your ground. Your calmness is contagious and will help your child calm down.
- **Be confident.** If you want your child to have a two-cookie or one-hour TV limit, then establish

that those are the rules in your home by enforcing them consistently and with confidence.



- **Focus on your child.** Say his or her name when you give a directive and look directly at the child.
- **Praise good behavior.** Use specific praise that reiterates the good thing your child did and what it meant. "Thank you for sitting quietly and reading while I dressed your sister. It made us all happy and able to get things done. You are becoming a good reader."
- **Gentle reminders.** Time these appropriately. As

your child leaves the bathroom, remind him or her to hang the towel up.

- **Present choices.** Instead of always telling your child not to do something, give your child choices such as, "do you want to put your socks on first or your shirt?" Just make sure you only give choices that if your child chooses, you will be comfortable with.
- **Don't ask, tell.** Asking "Are you ready for bed?" leaves the decision up to your child and the likely answer will be "no!" Try "Time for bed!" instead.
- **When...then .** Tell your child when he completes an act of good behavior (puts away a toy, finishes homework, brushes teeth), then something desirable for your child will happen (you can have a cookie, watch TV, call your friend on the phone.)

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Kin Care is part of the State of California Kinship Support Network

California Family Life Center Kin Care Support Services program is funded by the Riverside County Department of Public Social Services.

What's Happening at Kin Care ...

Happy New Year from your Kin Care staff!

We have many exciting things planned in 2012 for you and your family and hope you can join us for some of the many activities we have to offer.

Our support groups are meeting monthly in Hemet, Perris, and Beaumont. These are great opportunities for you to connect with other kinship families and we hope you will join us.

Interesting and informative classes and workshops will be held every other month at one of our support groups. Keep an eye out for the dates and locations.

Drop in tutoring is available twice a week. We also have limited one-on-one sessions available by appointment.

And as always, if you have a specific need, please call your Community Resource Counselor. We are here to help.

Best wishes to each of you in the new year,
Diane, Fran, Linda, Mary Jo, and Rachel

Our sincere appreciation and gratitude to all who helped make this holiday season special for our Kin Care families.

Special Appreciation to our
Holiday Sponsor

Hemet Elks Lodge #1740

And to all of our holiday contributors...

Bill & Nancy Cook, Joan & Earl Vest, Patti Veary, California Family Life Center Staff, Vicky Butters, Diane Tropper, the Black Sheep, Thunder & Lake Elsinore Storm Baseball, the Promise, and to each of our very special volunteers.

THANK YOU!!!

Please visit our website at

www.cflckids.org

for monthly updates and
future issues of the
Kin Care News



Visit Kin Care at our new location:

Hemet Service Center
749 N. State Street
Hemet, CA 92543

Kin Care Staff Directory

Mary Jo Ramirez	Director	951-791-3557
Rachel Moreno	Community Resource Counselor Lead	951-791-3557
Fran Vigil	Community Resource Counselor	951-791-3586
Linda Dolph	Community Resource Counselor	951-791-3587
Diane Tropper	Therapist	951-791-3583

Perris and Indio Offices: By appointment only. Please call your Community Resource Counselor to schedule.

Caregiver Resources and Community Activities ...

THE ENERGY SAVINGS ASSISTANCE PROGRAM helps income-qualified households conserve energy and reduce their electricity costs. SCE pays all the costs of purchasing and installing energy-efficient appliances and equipment, which are free to eligible customers. Give them a call at (800) 736-4777 or contact them on the web at www.sce.com/esap.

FOSTER AND KINSHIP CARE EDUCATION PROGRAM
This program provides the California state and Riverside county mandated continuing education class hours for licensed foster parents. Kinship providers, although not required to attend training, are encouraged to do so. Other professionals working with children (childcare providers, teachers, counselors, social workers) as well as all parents are also welcome to attend workshops. Training covers a wide variety of topics and are held mornings and evenings in various locations throughout Riverside county, in both English and Spanish. For a schedule, to register for a class or for more information, please contact the Program Director by phone at (951) 222-8937 or email at Penny.Davis@rcc.edu.

KIN CARE TUTORING For grades K-12, every Tuesday and Thursday afternoon from 4:00—5:00 pm. Sessions are held at the Empower Youth Opportunity Center, 930 N. State Street in Hemet. For more information or to schedule a private session contact your Community Resource Counselor or Rachel Moreno at (951) 791-3587.

MFI RECOVERY CENTER Being a teenager isn't easy. Being a parent isn't easy either. If you suspect your teenager might be using alcohol, pot or another substance, intervene now. The more quickly you act, the faster change can happen. Call us today at 866-218-4697.

KIDS 1ST PROGRAM: Dedicated to the promotion of social competence among children by preventing disruptive behavior disorders. For ages 0-5 experiencing behavioral issues and/or concerns. Parenting classes, case management, therapeutic services. Services provided at no cost to qualifying families. Contact (951)686-2920 for more information.

PARENTS AS TEACHERS A program for families with children 0-5 years of age. Development skills assessment and caregiver support. Call your Resource Counselor for a referral.

P.A.L. AFTERSCHOOL PROGRAM NOW ACCEPTING REGISTRATIONS. Program includes arts & crafts, computer lab, enrichment activities, open gym, sports, life skills, field trips and more. For locations and more information call 951-487-9234 or 951-929-9725 (BETWEEN 2-6 PM.)

KIN CARE PARENTING WORKSHOP "POSITIVE DISCIPLINE"
Positive Discipline focuses on building a child's sense of his or her own capability, power to choose, and sense of self-worth. Join us on Tues., Jan. 17 as we explore problem solving steps that can help you with real problems. Workshop will be held during the Hemet/San Jacinto Support Group from 10:30-12:00. Hemet Service Center, 749 N. State St., Hemet.

Kinship Support Group Meetings

Second Tuesday of the Month 10:00—11:30 am*
Chatigny Community Center, 1310 Oak Valley Pkwy.
Beaumont, CA 92223

Last Thursday of the Month 10:30-12:00 pm*
Perris Valley Family Resource Center
371 N. Wilkerson Ave., Perris, CA 92570



*Third Tuesday of the Month * 10:30—12:00 pm*
Hemet Service Center, 749 N. State St.
Hemet, CA 92543

Call (951) 791-3587 for more information about
Kin Care Support Groups

- **Tell your child you will count to ten** and explain what needs to happen during the countdown. Kids actually like the 'beat-the-clock' challenge and the countdown also allows you to keep your cool.
- **Invite input.** Work out a situation together by asking your child how he or she would solve the problem. Then listen and work together to solve the issue at hand.
- **Say please and thank you.** This helps your child use these important terms

in his or her own language, but also provides an air of civility and kindness

- **Focus your message and be specific.** Direct your child specifically, saying, "Dinner's almost ready. Please turn off the TV, wash your hands, and come to the table."
- **Brief is best.** One or two sentences will work better than a lecture in most cases. "Put your coat on or you'll be late for school."
- **Use "I" phrases, instead of "you" phrases.** Shift your

criticism from the child to the child's behavior. Rather than, "You really make me sad when you do not put away your toys" try "I really like it when you put away your toys when you are finished playing."

- **Don't give too many orders at once.** As your child completes a task, then direct him or her to the next one to avoid overwhelming your child.

This information was provided by OneToughJob.org an online resource for real –live parents.

**CALIFORNIA FAMILY LIFE
CENTER**

Kin Care

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www.cflckids.org

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Senior Service Center
749 N. State Street
Hemet, CA 92543

Place mailing label here

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

— [Martin Luther King Jr.](#)