

# Newsletter

**East Central Illinois Refugee Mutual Assistance Center**

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## **PARENTS & CHILDREN: PREVENTIVE DISCIPLINE & POSITIVE REWARDS (Part 4)**



### WHEN NOTHING WORKS

If everything that you try with your child fails, ask yourself the following questions:

- ◆ Am I trying to teach the child something that he or she is not capable of understanding or doing at this time? Children grow and learn at different speeds so just because a sibling understood at that age doesn't mean they will.
- ◆ Is it possible to simplify the task that I am trying to teach the child so that he/she will be able to understand better?
- ◆ Am I providing the proper rewards for the child---rewards that make him or her *want* to do the desired task?
- ◆ Am I providing the child with strong enough rewards?
- ◆ Am I providing the reward immediately?
- ◆ Are there too many distractions for the child to understand what is being expected?

Be sure your child understands you!

### ESTABLISHING RULES WITH CHILDREN

Rules are important to keep discipline, but to make any rule work we should avoid certain basic situations:

- Avoid asking the child **why** he/she did something wrong. Chances are the child will not know. If he/she does know why they did what they did, the child also knows that you will not like the answer and you will be putting him/her in the position where he/she will have to lie to you to avoid consequences of doing wrong.

- Do not lecture your children. Lecturing does not instruct. Give explanations. The rules should be explained and make sure the rules are clearly understood. (But don't ask, "Do you understand." in that tone of voice that makes a child agree whether or not he/she truly understood). Then we will have a better chance of our rules being accepted by our children.

### MODELING

Set a good example for your children (and all children) as your child learns actions and attitudes from watching you. Parents and grandparents are natural models for their children/grandchildren and you should realize that what you do in your home will have a strong influence on the thinking and actions of your children/grandchildren.

### SPENDING TIME WITH CHILDREN

It is a good idea for parents to spend a few minutes each day with their individual children. A child should feel that it is his/her time *alone* with their mother/father to discuss something good or bad that is on their mind. Whenever possible, this time should be a pleasant time together and not a time spent arguing or scolding the child. This time (over time) will build the expectation that he/she can talk with mom or dad about anything and may help prevent the child from making bad choices later in life. Talking is very very important.

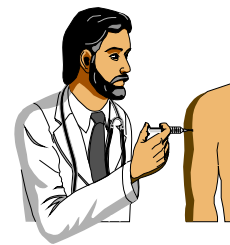
### CONCLUSION:

Shaping a child's behavior is a very complex task. We hope that the above ideas will be of some help to you as parents/grandparents. Do try to remember that discipline means guidance, not punishment. We discipline children to help them learn how to behave towards people and things. Kind, firm words will be more effective than harsh, angry ones and will be more likely to lead to cooperation. (Source: [Preventive discipline and positive rewards](#), Moreno Educational Co., San Diego, CA)

## Health Hints

**Do You Need a Flu Shot?** Flu season is coming and The Center for Disease Control and Prevention advises the following people get flu shots:

- Children aged six months to five years.
- Individuals 50 years old or older.
- Women who are---or expect to be---pregnant.
- Children and adults with chronic lung or heart problems (including asthma), diabetics, spinal cord injuries, seizure disorders, HIV, Alzheimer's disease and other cognitive disorders.
- Residents of chronic care facilities. Medical personnel and anyone else caring for the sick.
- Children and adolescents aged six months to 18 years who are receiving long-term aspirin therapy for any reason.



In fact most doctors advice *all* patients to be vaccinated, except those who have a life threatening allergy to egg protein or chicken, or who have had a strong reaction to a previous flu vaccine, or suffered from Guillain-Barré syndrome, a paralytic illness. If later you do develop the flu

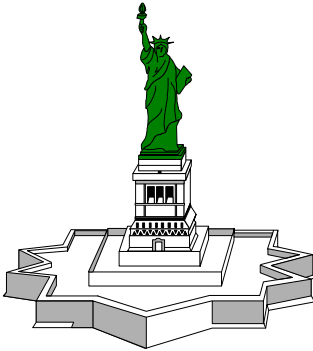
symptoms seek treatment because you may be one of those people for whom the shot does not work. (Rosenfeld, I., MD, Do you need a flu shot?, Parade, September 24, 2006, p. 23)

## Immigration News

### Visa Bulletin October 2007:

As of October 1, 2007 the visa priority dates are as follows (Source: Visa Bulletin #111 Volume VIII):

First Preference (unmarried son/daughter of U.S. citizen)	November 8, 2001
2A (spouse, child of LPR)	November 15, 2002
2B (Unmarried son/daughter of LPR)	August 15, 1998
Third (married child of citizen)	February 15, 2000
Fourth (sister/brother of citizen)	April 15, 1997



**New Citizenship Test:** "Beginning **OCTOBER 1, 2008**, the U.S. Citizenship and Immigrations Services (USCIS) will begin implementation of a redesigned naturalization test. All applicants who file for naturalization on or after October 1, 2008 will be required to take the redesigned test. For those applicants who file prior to October 1, 2008 but are not interviewed until after October 1, 2008 (but before October 1, 2009), there will be an option of taking the redesigned test or the current one." As the Center learns more about the new test we will let you know. (Source: USCIS homepage, September, 2007)

## For Your Information

**Illinois Earned Income Tax Credit (EITC):** On August 21st, Gov. Blagojevich signed a law that expands Illinois Earned Income Tax Credit eligibility to an additional 100,000 Illinoisans. The new law ends the provision that requires individuals to qualify for federal Temporary Assistance for Needy Families (TANF) in order to receive an Illinois EITC refund.

Illinois EITC equals five percent of the federal credit with a maximum benefit of \$227. The amount of the federal credit is determined by family size and income, with the maximum income for a typical family of four is \$38,348. (Source: Office of the Governor, 8/29/07)

**First-Time Homebuyers:** If you are a first-time homebuyer, and buying in Urbana, you may qualify for down payment assistance. Call the City of Urbana's Community Development Department, at 217-384-2335, for first-time homebuyer information. (Source: Neighborhood News, Fall, 2007)

**Home Repairs:** There are home repair grants available from the City of Urbana if you are a low-income homeowners, a senior, or a person with disabilities. For More information to see if you qualify, call Connie at 384-2447. (Source: Neighborhood News, Fall, 2007)

**Leaf Collection:** The City of Urbana will provide leaf collection to all residents for 4 weeks this Fall. The dates are October 15 - 19, October 29 - November 2, November 12 - 16, and November 26 - 30.

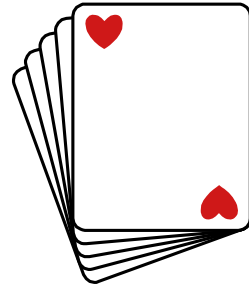
Residents must:

Place Leaves in 30 gallon **PAPER & GARDEN** bags. *NO PLASTIC BAGS*. Paper bags must be at the curb or along the roadway edge before **6:00 A.M.** on your U-CYCLE day.

Only leaves and non-woody plant material will be collected. **NO BRUSH, TREE LIMBS, or GARBAGE**. Questions call 384-2342. (Source: Neighborhood News, Fall, 2007)

## Parenting Tips

**Play Learning Games:** Younger children (as well as older ones) love to play with their parents so here are some ideas of games you can do together. Buy a deck of Go Fish cards



Then start with six pairs of matching cards. Shuffle the cards and lay them face up on the table or floor. Invite your child to find the two cards that match. Add additional pairs of cards as your child becomes better at finding the pairs. As your child/ren become better at matching the cards start playing the card game.

**"I Spy Game"** You play the game by spying different colors in your home or outdoors as you take a walk together. Begin with one color, for example red, and say "I spy something red. It's round and you can throw it. What is it?" (the answer a red ball). The child then tries to identify the object. Once the object is done add another color and over time another color. Either inside or outside, your child will move around looking for the object and you can use the hot/cold hints to guide them. If your child is getting physically closer to the object they are getting hotter if they are moving farther away from the object they are getting colder and if they are half way in-between they are warm. Kids figure out by listening to the hints where to search for the object you described. (United Way [Success by 6 Early Childhood Calendar](#), May, 2007)

Good books for four and five year olds:

Mouse Paint

Brown Bear; Brown Bear: What Do You See

A Star in My Orange

Zoe's Hats

Of Colors and Things

Shape Space

by

Ellen Stohl Walsh

Bill Martin Jr.

Dana Rau

Sharon Holm

Tana Hoban

Cathryn Falwell

## Local News

**Condolences:** Our deepest sympathy to the family of *Olga Goradinski*. Olga, who died September 1st, 2007 was the widow of Iakov Gorodinski.

**Births:** Congratulations Ms. Jolly Samu on the birth of your first child a son, *Pierre Samu*. Pierre was born September 23, 2007 and is the grandson of Mr. Phillippe Samu and Mrs. Florence Yala Lumedo.

**New Arrivals:** Welcome *Ping Qin Lu, Jian Fei Chen, Jian Yun Chen, Lin Jian Chen*. Mrs. Lu and the children arrived from China to join their husband/father Mr. Qing Chen.