

Newsletter

East Central Illinois Refugee Mutual Assistance Center

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PARENTS and CHILDREN: Preventive Discipline and Positive Rewards



Sooner or later all parents are faced with the fact that they may need help/guidance in dealing with their children. This article by Dr. Tam Wei shares some ideas to help parents plan the disciplining of their children in a positive way with the emphasis on preventive discipline.

1. Preventive Discipline

It is important that parents practice preventive discipline with their children. This does not mean preventive punishment instead preventive discipline provides guidance that will help the child to avoid using the wrong behavior.

The style of discipline parents use will be learned (for better or worse) by their children. Punishment is not always helpful because it often fails to teach the child how he/she should behave. Instead it says you did wrong and now must suffer the consequences. Sometimes though, the child honestly does not know what the correct behavior was.

If, for example, the parents beat their children for wrong behavior, could it not be said that they are teaching the children to be violent? If a parent shows hatred toward the children the children will notice this and tend to emulate their example and express similar feeling toward their parents and others. However, if the parents teach their sons and daughters to solve problems and to work cooperatively with others, then the children will probably learn how to get along with other children and adults. Preventive discipline helps to avoid problems.

2. Positive Rewards for Learning

In order to improve a child's performance for a particular activity, parents should provide immediate rewards after each correct performance. Rewards can be anything that makes your child/grandchild feel good for doing well or for trying their best. Possible rewards are praise for a job well done or for doing their best, special attention or privileges, a special treat, etc.

raise is perhaps one of the most effective ways to prevent problems and build a child's self-esteem. Children work hard for a loved one's approval. The following are some examples of words of praise to use: "You did a good job!"; "That's great!"; "I am so proud of you."; "I knew you could do that."; and "Thank you."

Praise can be as simple as a nod, a smile, a hug, or a pat on the back. Words of praise or of approval help children to understand that they are being accepted and loved by the people with whom they live. Positive rewards make people feel good.

A word of caution should be noted. Some parents are not used to using praise with their children. The traditional cultural value of humility often prevents them from openly recognizing their children's efforts. However, they must remember that since they are living in the United States, their children are exposed to a different culture where feelings are more freely expressed. For this reason, the parents should make an effort to openly let their children know when they are please or happy with them. The children need this encouragement and reinforcement to progress and that simple hug or pat on the back will make your children just beam with pleasure for pleasing you.



Immigration News

Fee Increases: Effective July 30, 2007 (applications or petitions postmarked or otherwise filed on or after that date must include the new fees) the following fees will apply:

Form #	Current Fee	New Fee
I-90 (Application to Replace Green Card)	190	290
I-102 (Application to Replace I-94)	160	320
I-129F (Petition for Alien Fiance(e))	170	455
I-130 (Petition for Alien Relative)	190	355
I-131 (Travel Document)	170	305
I-485 (Application to Adjust Status)	325	930
I-751 (Application to Remove Conditions of Residency)	205	465
I-765 (Employment Authorization)	180	340
N-400 (Citizenship)	330	595
N-565 (Replacement of Naturalization Certificate)	220	380
N-600 (Certification of Citizenship)	255	460
Biometrics (Fingerprinting etc.)	70	80

Health Hints

Meijer Pharmacy Offer: Leading antibiotics are now Free at your Meijer Pharmacy. Meijer is offering a program that covers leading, oral generic antibiotics with a special focus on the prescriptions most often filed for children.

The following are Free with your doctor's prescription, regardless of insurance or co-pay:

Amoxicillin
Cephalexin
SMZ-TMP
Ciprofloxacin
Ampicillin
Penicillin VK
Erythromycin



The prescriptions must be picked up at the store in person. Maximum 14 day supply at normal dosage. This list may be subject to change.

Walmart: Visit Walmart.com and view the list of \$4 generic prescriptions available at the Walmart Pharmacy. Walmart has over 290 generics drugs available at its pharmacy.

Employment Hints

Looking for a Job: Check Parkland Colleges job listings in Room A175 or online at www.parkland.edu/careercenter. If you are a student or have attended Parkland and need help with your resume or interviewing skills stop by room A175 or call 351-2536 to schedule an appointment.

Minimum Wage: Effective July 1, 2007 through June 30, 2008 the Illinois minimum wage increased to \$7.50/hour. After July 1, 2008 the minimum wage will increase by another 25 cents an hour for the next three years (i.e., 2008, 2009, and 2010).

New employees (during their first 90 days of employment) and employees under 18 years of age may be paid up to 50 cents less an hour. Tipped employees may be paid 60% of the hourly minimum wage (i.e., \$4.50/hour through June 30, 2008).

If you need more information about these changes go to www.state.il.us/agency/idol or call the Minimum Wage Hotline at 1-800-478-3998. (Source: Illinois Department of Labor)

For Your Information

A Tip to Make the First Week of School Easier: If your child is starting school for the first time familiarize him/her with the building so it is not as scary the first day. Go on a tour and point out their classroom, the bathroom, and lunchroom. Drive to school on the same route the bus will take and if possible introduce your child to their teacher. (Source: Home and Garden Television)

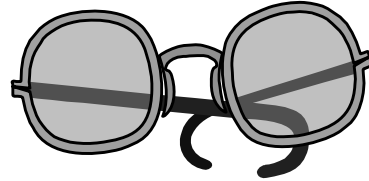
Vision Services for Medicaid Patients: If you or a family member is having vision problems and you are on public aid the Champaign-Urbana Public Health District has a new program to help.

The new local vision program will work cooperatively with public health and school district employees providing vision screening, public health making eye doctor

appointments and the doctors doing the actual testing and prescription writing for eyeglasses.

Doctors will then send the patients back to public health to pick out their eyeglasses frames (from among 49 styles) and undergo fittings. Patients will pick up their glasses from public health.

The eye doctor appointments are open to all Champaign County residents and the local public health district will also serve people from outside Champaign County if they already have a prescription for eyeglasses and haven't been able to fill it. (Source: The News-Gazette, [Program helps Medicaid patients get vision services](#), p. A-1 & A-6, July 5, 2007)



Local News

Thank You: May 30, 2007

Dear Board Members, Refugee Center Staff & friends in Champaign-Urbana:

I would like to thank all of you for your concern, care and thoughtfulness toward our family and my husband, Dr. Lun-Shin Wei, during his illness then his death on May 15, 2007. Your gifts of love, your generosity with visits, cards, flowers, food and your presence at the funeral service for my husband are most appreciated. Your contributions to the fund for the scholarship for a student in the Food Science and Human Nutrition Department at the U of I is a very thoughtful gesture. My husband's works will continue on and his hope to provide better nutrition and health for others through his soybean work will continue to progress.

For myself and for all my family. We thank you.

With respect and love,

Tam Wei & Family

Condolences: Deepest sympathy to Jeanine Vita and Richard Bumba on the loss of their brother/brother-in-law, *Jocky Mbeka*. Mr. Mbeka passed away in March, 2007 in his home in Ottawa, Canada.

New Arrival: Welcome *Ezekiel Sayon*. Ezekiel, a nephew of Edwin Sayon, relocated from Philadelphia, Pa.

New Citizens: Congratulations *Zahra Baha, Shamsi Faizi, Dang Nhat, Thu Pham, Thi Phan, Thao Le, Lavana Roberts, Mai Thi Hong Vo, Hang Le,* and *Hoa Ha* on achieving citizenship. Now go register to vote.

New Baby: Congratulations Vinh Vu and Mai Vo on the birth of your first son, *Alex Duc Dou Vu*. Alex, who was born May 9, 2007, is the grandson of Mrs. E. Tran.