



# Kinship Link

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## Pro Kinship for Kids

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## Misbehaviors with Children Happen

All children have behavior problems at times, some being harder to accept than others. Some of these behaviors can cause children to be aggressive, hostile, and difficult to handle, which may affect the ways we want to react to them and cause limitations for us. As parents, we are our children's first and foremost teacher. We need to establish our plan for accomplishing rules and expectations with our children despite the misbehaviors.

When children react with aggression towards what was seemingly a simple request the underlying principle may be one of frustration. When expectations are raised, children may become fearful that they can't accomplish what is expected. The fear may become overwhelming causing children to react to others in a negative manner.

Balancing children's needs for independence along with your authority is one of a parent's greatest challenges. Keep in mind the following tips as you are dealing with difficult behaviors.

- Know that discipline is not punishment. Discipline is training to help a child learn control of himself or herself.
- Realize the child's limitations and set expectations accordingly. Don't set the child or yourself up for defeat and more frustration.
- Learn to recognize early warning signs of frustration in your child. When children are approached with a problem or situation that they don't know how to handle, anxiety begins to take over. This anxiety can then cause the behavior issue.
- Develop a discipline plan. Deciding ahead of time how to deal with incidence of misbehavior helps all involved. Planning and practice will lessen the anger and distress of the behavior.
- Use "time out" to remove the child from the situation and to allow the child to practice self-control. At the completion of the "time out" a discussion should follow to identify the reason for the "time out" and what other options might have been chosen. Ideally, when placed in situations where the child is unsure what behavior is appropriate later, he or she will remove himself or herself in the same manner to re-establish self-control.
- Recognize that sometimes no reaction is the best answer. Non-reaction is useful for behaviors that are not aggressive, like whining or pestering.
- Be consistent in the warnings you give and the consequences involved.
- Be sure you have the child's attention when you are discussing the problem at hand. Take hold of the child's hand or wrists, look at him or her in the eye, and ask the child to look at you as you are talking.
- Know your own warning signs as well and react accordingly. Sometimes parents need a "time out" too.
- Know that rewards can be helpful in managing behavior if they help to establish a routine to be followed in the end.

## Tickle Your Stress Before It Tackles You

No matter who you are or what you do, chances are you spend a lot of time racing the clock, worrying about family matters, and feeling out of control. A recent Gallup poll found that 40% of Americans feel stressed every day and another 39% are sometimes stressed. Most people don't have a good handle on their stress. They focus on the unpleasant, and usually unexpected, things that happen every day. That's not just stress, it's life. Things that happen every day have the potential for driving us crazy, or making us angry, frustrated, and hurt - and stressed. But it is the way we choose to respond to these stressors that counts. You make a choice about how situations that happen to you will affect the rest of your day. Why not make humorous choices and practice them every day?

Humor makes life easier. Humor can be a powerful and effective tool for coping with stress, especially if you use it with other stress reduction techniques that work for you. The real power of humor and laughter shows up when you learn to use it under stress. It keeps things in perspective, helps dispel negative emotions, and puts you in a frame of mind to cope with the situation. If you're willing to laugh at the little disasters in life, you'll find that other areas of your life will also become easier.

You'll need to develop a plan to deal with your daily stressors. First, make a list of all the things that happen regularly that almost always set off your stress response. Make your list as specific and detailed as possible. Things you might include are people,

habits, personality quirks, situations, things, and events. Write these down so you have a good idea of the types of things you need to combat with humor. You'll also need to make a "happy" list - anything that makes you happy or makes you laugh. When you have to deal with one of your stressors, combat it with your tools of humor.

You'll always have stress in your life. The key to using humor to deal effectively with your stress is to put more humor in your life. If you're surrounded by things that make you laugh, they can make the bad things easier to take. If you savor humor, it can be a lifesaver. Don't take life too seriously, it's only a temporary situation.



## Time Management

Time management helps keep a balance between relaxation time, work time, and family time. Accomplishing priority items, gaining a sense of accomplishment, and reducing stress by not wasting time on what is not important are additional benefits of time management.

### 20 Major Time Wasters in Your Life

The major time wasters for all of us fall in two categories. Those that are external to us and just take our time when we don't think about them or work to control them, and those that are internal to us and are caused



by the way we deal with and handle things.

#### External

- Telephone interruptions
- Meetings
- Visitors
- Socializing
- Lack of information
- Excessive paperwork
- Communication breakdown
- Lack of policies and procedures
- Lack of competent personnel
- Red tape

Some of these external time wasters can be stopped and others we have to learn to limit and know we may need to place them on hold in critical times to control our own stress.

#### Internal

- Procrastination
- Failure to delegate
- Unclear objectives
- Failure to set priorities
- Crisis management
- Failure to plan
- Poor scheduling
- Lack of self-discipline
- Attempting to do too much at once
- Lack of relevant skills

The internal time wasters are all things we need to think about and learn how to deal with in our lives for they are all things we are doing to ourselves to cause stress.

