



Children and Families

Mitchell County Center

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Let It Snow!!!!!!

Nurturing Parenting

Birth to 5 years
will be held on **Mondays,**
6-8pm at the Yancey County
Extension Center, Tuesdays,
10am-2pm at Church Street
Preschool in Yancey County and
Wednesdays, 10am-12pm at the
Mitchell County Extension Center.

School-Age & Adolescent
will be held on **Tuesdays,**
6-8pm at the Yancey County
Extension Center and Thursdays,
10am-12pm at the Mitchell County
Extension Center.



Free child care
Pre-registration is
required.
Call 688-4811 Mitchell
or 682-6186 Yancey

Here are some of the kinds of "roadblocks to creativity" to watch out for:

- "Don't bother me now. I'm too busy to look at your picture."
- "What's this mess? Didn't I tell you to stay out of the kitchen?"
- "That's for girls (boys). I don't want to see you do that again."
- "That's a what?" What is this stupid, (ugly, weird) thing?"
- "Is that the best you can do?"
- "That's nice" (said without interest or even noticing what the child is showing you).
- "That's not the way to do it." "That doesn't look right."
- "Why can't you do it like your sister (brother, cousin)?"

We all have busy times and we have our moments of impatience and annoyance with our children, no matter how much we love them.

Encouraging Youngster's Special Gifts

One of the best ways to encourage and support a youngster's development of their talents is to be careful not to discourage it.

There are so many off-hand comments, made without thinking, that can turn off a child's excitement and interest in an activity. And once turned off, it's hard to rekindle it again.

It's hard to be alert to the effects of our reactions (or non-reactions) to our children's every word and deed. But it's worth the effort because parents' opinions are so very important to children.

With parents' help and encouragement, children can develop their special gifts to their fullest.

(Source: Growing Together Newsletter used with permission of publisher, Growing Child)

Parenting Corner: A Quiz for Parents

When you child comes to you feeling angry, sad, or frustrated, how do you respond? (Choose one response.)

- A) Don't worry about it. You'll be fine. What do you have to be sad about? There are bigger problems in the world!
- B) What did you do to cause this?
- C) I know how you feel. I have felt that way, too. That feels terrible. You will feel better if you cry.
- D) Wow—it sounds as if you are sad about that. Situations like this are tough, but we can probably figure out a way to handle this.

These responses represent these types of parents. If you chose:

- A) The Dismissive Parent plays down feelings. This parent faces a scraped knee or a social snubbing with, "You're all right." This kind of parent feels uncomfortable with a child's display of emotions and feels uncertain about what to do.
- B) The Disapproving Parent criticizes or punishes the child for expressions and believes emotions make people weak or that negative emotions must be stopped.
- C) The Laissez-faire Parent accepts emotions and offers comfort, but doesn't teach problem-solving techniques.
- D) The Emotion Coach accepts a child's feelings without belittling or denying them. This parent doesn't try to control the child's emotions. Instead, the emotion coach sees each expression as an opportunity to build a bond and teach problem-solving.

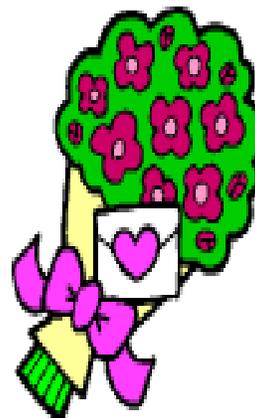
Which type of parent would be healthier for his/her child?

(Source: Dr. Karen Debord, State Extension Specialist, Child Development)

Valentine's Day Word Search

C	D	H	P	Y	E	F	S	R	A	Y	S	G	U	H
K	H	C	E	M	G	N	T	O	M	F	E	L	K	M
D	A	O	D	A	U	S	N	S	K	L	S	T	U	T
P	N	S	C	G	R	M	L	E	I	O	S	G	X	D
P	O	E	G	O	T	T	N	S	W	W	I	R	X	H
V	C	L	I	E	L	D	D	U	C	E	K	A	C	F
F	E	G	Y	R	Q	A	C	Q	A	R	V	O	R	O
W	U	L	H	Q	F	A	T	T	X	S	O	O	Z	H
C	A	N	D	Y	R	L	T	E	T	M	O	N	L	O
U	J	L	Y	D	F	I	Z	D	S	S	G	M	G	O

candy
card
chocolate
cuddle
flowers
friend
heart



hugs
kisses
love
roses
smooch
snuggle

(Source: www.blk-holidays.com)

Note to Parents

If you would like to know what Mitchell County 4-H is doing, check us out on our new facebook page and become a fan to get updates on what's going on in 4-H.

FROM: Beverly B. Nelson M.Ed.

Beverly B. Nelson, M.Ed.

Area Extension Agent

Family and Consumer Sciences

