

great way to teach young adults that money doesn't grow on trees!

Discipline

- Remove the child to a *Chill Out* area (Similar to Time Out except longer). The child must go to a place away from the action to consider his behaviour and attitude.
- Choose a boring place, like an empty desk or dining room table for a while.
- Don't send the child to a room where he can be distracted by his books and toys. The object is to remove stimulation so the child can focus on the situation at hand.



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Tips to improve
on your parenting skills

There may have been a certain stage in a parent's life where they felt they needed to improve on their parenting skills. A number of tips are readily available to help these parents deal with specific issues for specific age groups of children.

Some of these include:

INFANTS

Fussy newborns

- Newborns feel more secure if they are swaddled firmly in a blanket as this sensation closely mimics the feeling of being inside the womb.
- Wrap fussy newborns firmly with their arms inside the blanket as this may help to soothe them when you aren't holding them.



Dressing up

- Dress your infant in layers so you are better able to regulate his/her temperature. Infants need the same amount of clothing as you do in most

- ~~Isolate from the world~~ Take away privileges..
- Remove the child to a *Time Out* area (one minute per year of age) (getting driver's license or a later curfew)
- Require the child to apologize
- Assign extra chores or work.



- Take away allowance (Basically a fine, possibly for inappropriate language).
- Require the child to work through extra chores to pay for damages or debt.
- Require the child to apologise.

Remember: ***discipline should be practiced because we love our children too much to let them act in unacceptable ways. Whatever discipline is chosen to keep children on the***

the child write a paragraph on generosity if the child is being disciplined for not sharing).

- Make lunches the night before and keep them in the refrigerator; ready to grab in the morning.

TEENAGERS

- Help your child lay out clothing for the next day.
- At this age, peer pressure is at its peak. The son who never cared what he wore before suddenly insists on certain clothes. Some families even put together outfits for the entire week.



The girl who would shop anywhere now insists on designer labels. Address these by introducing clothing

budgets.

- Give each child a certain amount of money for his/her clothing budget. For example: SR 500 for the entire school year. This means your child can go out the first day of school and spend all SR500 or he/she can buy something here or there throughout the year worth SR500 maximum. The clothing budget is



- Try to be flexible in allowing them to choose their own clothing combinations.

Bedtime

- Bedtime can be quite an ordeal at this age. Children may be afraid of the dark, of monsters or of being alone. A consistent routine can help keep the fears from getting out of hand. For example: a warm bath, teeth brushing, and pajamas followed by a story, prayers, hugs, kisses and snuggles can help.



- If darkness is the fear, try letting the child choose his own nightlight.
- If 'monsters' are the culprit, make it a point to check the closets and under the bed. A special air freshener can also be used as a "monster repellent." The key is to be sensitive. These fears are very real to a child.

Discipline

- Let a timer tell the child it is bedtime; this removes the parent as the "bad guy".
- Expect the child to clean up any messes he has made.

CRECHE/PRIMARY SCHOOLERS

Morning tasks

- Help calm the harried morning rush out the door by organising the night before .
- Before bedtime, be sure all the homework is returned to your child's backpack as well as any lunch money, notes for the teacher, permission slips, etc.
- Place backpacks, shoes, hats, raincoats and other accessories in a convenient place near the door.



Bedtime

- Children have their own internal clocks so even if they are put to bed at what parents believe is a reasonable hour for their child's age, the child may still stay awake for hours. The child isn't misbehaving, his body truly isn't ready to fall asleep yet.
- If you have a young child who is more active at night, experiment with pushing bedtime back an hour or even allowing the child to read quietly with a small book light before falling asleep. It may help make bedtime a little easier!



Discipline

- Remove the child to a *Time Out* area.
- Require the child to apologise.
- Ground or take away privileges.
- Assign extra chores or work (for example, have