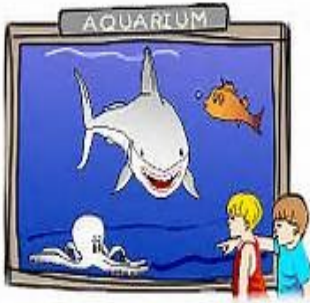




Phrases to Use When Your Child Isn't Listening *by Wendy Snyder*

- **“What do you need to remember?”** Take a break from: “Be careful.” For example you might say, “What do you need to remember when you play at the park?” Kids often ignore when we say the same thing over and over again. Instead, engage their critical thinking skills.
- **“Please talk softly.”** Take a break from: “Stop yelling!” or “Be quiet!” For example you might say, “Please talk softly or whisper,” (said in a whisper voice). Some kids are naturally louder than others. If they have trouble speaking softly, show them where they can go to be loud and also use the power of the whisper. In combination with a gentle touch and eye contact, whispering is an incredibly effective way to get kids to listen.
- **“Would you like to do it on your own or have me help you?”** Take a break from: “I’ve asked you three times, do it now!” For example you might say, “It’s time to leave. Would you like to put on your shoes by yourself, or have me help you?” Most kids respond incredibly well to being empowered. Give them a choice and their critical thinking skills override their temptation to push back.
- **“What did you learn from this mistake?”** Take a break from: “Shame on you” or “You should know better.” For example you might say, “What did you learn and how will you do it differently next time, so you don’t get into trouble?” Focusing on motivation to change behavior for the future will get you much better results than placing shame on past misbehavior.
- **“Please _____.”** Take a break from: “Don’t!” or “Stop it!” For example you might say, “Please pet the dog gently” or “Please put your shoes in the closet.” We don’t go through our day with people telling us what not to do. You will get the best results by telling kids what you want to see happen not what you don’t want to see happen.
- **“Do you want to go now or in 10 minutes?”** Take a break from: “Time to go...now!” For example you might say, “Do you guys want to leave the park now or play for 10 minutes?” After ten minutes you then need to leave. Kids love to be in charge of their own destiny, especially powerful kids. Give them a choice and they’ll respond much better when it is time to go.
- **“Stop, breathe, now ask for what you want.”** Take a break from: “Stop whining!” For example you might say, “Let’s stop, breathe together; now try to ask for what you want.” Be sure to model this along with your child and keep repeating it calmly until they can self-calm and change the way they’re talking.
- **“Respect yourself and others.”** Take a break from: “Be good.” For example you might say, “Remember to respect yourself and others while you play with your friends in the park today.” Be specific here as kids often don’t absorb the general statements we throw at them. Ask for what you want and have them restate what is important to remember.
- **“Use your teamwork skills.”** Take a break from: “Don’t be bossy!” and “No one will want to play with you if you act like that.” For example you might say, “You’re a great leader. Remember to use your teamwork skills today. Ask your friends questions, instead of telling them what to do and let others have a turn leading too.” Many kids who have a strong desire to lead are often told they are bossy and no one will want to be their friend. A strong desire to lead is a positive attribute so coach them on using good teamwork skills. Let them know good leaders ask questions and let others take turns leading.

DID YOU KNOW...?



Heading to Seattle?

If you are a kinship caregiver, the **Seattle Aquarium** is offering free entrance to enjoy the sights and sounds of marine life. Free entrance is given to two adults and up to five children.

For more information, contact the kinship navigators, Mary Pleger or Lorena Ortega at [\(800\) 246-2962](tel:8002462962).

Pacific Science Center is offering one year free memberships for kinship youth. Call [\(206\) 443-2924](tel:2064432924) for more information

Woodland Park Zoo is offering limited passes. Please contact Mary Pleger for more information.

Looking for Young Leaders

Thanks to a grant from Yakima Valley Community Foundation

We are inviting youth, **ages 12-15** who have strong leadership skills, the opportunity to attend YMCA Summer Camp this July. The grant is designed to give scholarships for summer camp in the hopes the youth will return the following summer as a counselor in training.

Date of Camp is July 15th-20th.

Limited spots available. Deadline to apply is May 30th



Join the Seattle Mariners for a Day of Family Fun at the We Are Family Day, May 20th. Game begins at 1:10 pm.

Join the Mariners at Safeco Field as we say Thank You to Foster, Kinship and Adoptive families, and the agencies, social workers and community members that support them. The Caregiver Recognition Event begins at 11:20 am in the Outside Corner (Located inside the stadium on the 300 level) Don't miss the ceremony, great door prizes, giveaways & meet the Mariner Moose! There will be deep discounts this year. Tickets are now available and they go FAST. To buy tickets or for more information, please visit: Mariners.com/WeAreFamily and enter the promo code: WEAREFAMILY.

2018 Senior Farmers Market Voucher

Each qualifying individual over 60 has the opportunity to receive \$40 in vouchers. The vouchers may be used at any participating Farmers Markets in Washington to purchase fresh fruit, vegetables and honey.

Kittitas Co.

Sherie Bury at (509) 925-6124

Yakima Co.

Lorena Fernandez at (509) 426-2601



Grant from the Yakima Valley Community Foundation Benefits Kinship Children!

If you are a caregiver living in Yakima County and are seeking a way to get your children involved in the community, you may be eligible to receive some financial help. Maybe you want the children in your care to take art, music, dance or drama lessons. You might be a caregiver who would love to see the children exhaust their energy at the YMCA and would like to get them a membership or to attend a creative art class. You may even have a child who is gifted in sports and you would just love to watch them turn out for soccer, baseball or run track but you can't seem to collect enough money for the fee or to get the athletic equipment needed. If you would like more information about the **Yakima Valley Community Foundation Grant** and how it can help YOU, please contact **Mary Pleger at (509) 965-7100**.

Changings Coming to TANF

Beginning July 1, 2018, TANF will no longer be means tested. What this means is caregivers will no longer need to provide their income verification at the time of applications or reviews for non-needy TANF.

So if you were denied TANF benefits before, you will want to reapply mid-June to start getting benefits in July. Please be sure to bring in verification that the child is living with you when you apply. If you have any questions, please call Mary Pleger, Kinship Navigator at (509) 965-7100.

Also, beginning July 1st, all TANF grants should be increasing by 2.5%.

Kinship Caregiver Support Group

2nd Wed. each month, 6-8 p.m.

Location: *Catholic Family & Child Service, at 5301 Tieton Dr., Yakima*

Support group for caregivers interested in relating to other kinship caregivers.

Free dinner and child care provided.

Call Mary at (509) 965-7100 to reserve a place.

Calendar of Events

Yakima County:

- ◆ **Sunnyside's Cinco de Mayo:** May 4th-6th. Enjoy over 100 vendors, dancing horses, live entertainment, traditional music and food in downtown Sunnyside.
- ◆ **Yakima's Cinco de Mayo-Fiesta Grande:** May 5th-6th in Downtown Yakima between 1st and 3rd Streets. One of the largest Cinco de Mayo celebrations in the state of Washington. Event includes diverse entertainment, food and surprises for the whole family.
- ◆ **Walking Tours of Downtown Yakima:** May 19th and June 23rd. Tour begins in front of the Historic Train Depot at 10 am. This is a free guided walking tour of Yakima's Historic Block, Japan Town, China Town and more. The length of the tour is 1.5 miles with frequent stops.
- ◆ **Yakima's Biggest Yard Sale:** May 12th from 8 am-dark at Perry Technical Institute, 2011 W. Washington Ave. Admission is \$3 or \$2 with a food donation.
- ◆ **American Reflections 18th Annual Open Car Show:** May 20th at Moxee Park from 9 am-3 pm. Possibly the best single-day car show in the Pacific Northwest. Open to everyone. Vendors on site with games, food, prizes, give-aways, music and fun. Spectators are always admitted free of charge.
- ◆ **Zillah's Community Days:** May 5th-6th citywide in Zillah beginning at 8 am until dusk. Family activities include a parade, breakfast, vendors and activities at Stewart Park.
- ◆ **Selah Community Days:** May 17th-20th at Wixson Park. Enjoy Hobo Feed and carnival on Thursday. Potato Feed and carnival on Friday. Kiwanis Pancake Breakfast, parade, fireworks and live entertainment on Saturday. Armed Forces Day and carnival on Sunday.
- ◆ **Yakama Nation Treaty Day Celebration:** June 6th in Toppenish. Event starts at 8 am with a parade at 10 am. For more information, call 509-865-2800.
- ◆ **Downtown Summer Nights:** Every Thursday for 10 weeks beginning June 14th from 6-9 pm in downtown Yakima on 4th Street. Featuring weekly vendors displaying their products and services, kids area, live music and food. This is a free event.
- ◆ **Old Town Days in Union Gap:** June 16th-17th from 9 am-8 pm on Saturday and 9 am-3 pm on Sunday. Washington State's biggest Civil War reenactment, encampment, and living history event. 4508 Main Street, Union Gap. Admission is free.

Kittitas County:

- ◆ **Dachshunds on Parade:** June 16th in Downtown Ellensburg. Event begins at 8 am with breakfast. Register your Dachshund between 9 and 11 am. Downtown will be a Dachshund paradise as Dachshunds and their owners come together to celebrate. There will be a "short" parade, dachshund races, pet tricks, and costume contest.
- ◆ **Children's Day Downtown Ellensburg:** May 12th from 10 am-1 pm at 4th and Pearl. There will be informational tables promoting youth programs, music, song, dance, craft stations, and fun activities for the entire family.

Lower Valley:

- **Strawberry Jamboree at Bill's Berry Farm:** May 12th, 19th, 26th, and June 2nd & 9th (9 am-5 pm) and Memorial Day, Monday May 28th, (11 am - 5 pm). Location: 3674 N. County Line Road, Grandview. After picking berries, relax in the shady park with a cool lemonade and some famous strawberry donuts straight from the fryer! Visit the Animal Farm and enjoy the Barnyard Train.
- **Cherry & Berry Days at Bill's Berry Farm:** June 16th-July 7th. Take the wagon out to the field and pick your own bucket of fresh cherries or purchase pre-picked fruit at the outdoor store. After picking, cool off in the shade with a tasty BBQ lunch of burgers or hot dogs and a cool lemonade. Enjoy cherry or blueberry donuts. Kids will love the two farm playgrounds and visiting the animal farm. The farm is located at 3674 N. County Line Road in Grandview.

- **It's "okay to cry."** Take a break from: "Don't be a baby," or "Don't Cry." For example you might say, "It's ok that you feel sad. I'll be over here if you need me. I know you can find a way to take care of yourself." It's incredible how well kids respond when we don't pressure them to "get over their feelings" or try to force them to stop freaking out.
- **"How will you take care of yourself?"** Take a break from: Always fixing, i.e., "Do _____, and you'll be fine, it's not a big deal," or "Why are you always so emotional? Here, a cookie will make you feel better." For example you might say, "It's ok to be _____. What are some things you can do to help yourself feel better?" Empowering kids to take care of themselves is an incredible gift. Kids who learn to move through emotions with integrity, and take self-calming action get into trouble less and have high self-esteem.
- **"I love you no matter what."** Take a break from: "No one wants to be with you when you're bad," or "You're not getting hugs and kisses after acting like that." For example you might say, "I love you no matter what behavior you have, AND I'd like you to ask your brother for the toy next time, instead of grabbing it." Unconditional love is at the core of Positive Parenting and means our love for our kids does not depend on the level of good behavior they have in one day.
- **"I'm not ok with _____ yet."** Take a break from: "You're not old enough," or "You're too little to do that." For example you might say, "I'm not ok with you walking on top of that brick wall because I'm scared you'll fall and hurt yourself." When we own our fears and worriers, our kids respond and respect our limits a lot better. Kids often feel they are old enough or big enough to do scary things. Kids push back less when we use "I" statements.

It will take practice replacing our negative, threatening tone with a neutral, problem-solving, empathetic and encouraging tone. We want to talk to our mini humans the way we would want to be talked to. Give yourself some time to get used to using these phrases and remember it is progress over perfection.



Catholic Charities does not discriminate against any person on the grounds of race, creed, color, religion, national origin, sex, sexual orientation, age, marital status, political affiliation or belief, or the presence of any sensory, mental or physical handicap.

Yakima/Ellensburg



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