Happy Kids Parenting Ideas

Choice theory explained

A fascinating study into the behaviour patterns of American sports stars showed that there’s one background difference between those who behave badly in public (party hard, break the law, alcohol issues, etc) and those that behave well. That background factor has nothing to do with race, education and social class. It has everything to do with parenting.

The researcher found that those sports stars that had been given training in decision-making from a young age, grew up making smarter choices than those who had all decisions made for them. Sports stars who came from an authoritarian parenting background (Do as I say?) or a permissive background (Do as you want?) were more likely to make, in some cases, appalling life choices.

Now, I’m always a little sceptical about claims made by various studies, as usually many factors are at play. But the study makes an interesting observation about parenting. It points directly toward authoritative parenting as the way to go.-------------------

How important it is to give kids some determination over their own lives. That means giving them chances to make little decisions about a whole bunch of stuff that impacts on them.

Not only is this good practice for later on, it’s also about developing independence in kids too. Independent kids are more likely to make decisions for themselves, than those who are always directed by adults.

How to apply choice theory to everyday parenting

Develop the habit of involving your kids in making little decisions about every day life issues. BUT (and there’s a big BUT), only give them a choice of one or two things. Here are some examples:

“What would you like for dinner? Fish or meat?”

“How much milk do you want in your glass? Half way up or all the way to the top”

Sometimes the choices you give kids require some broader guidance.

“We’re going out to grandma’s. Make sure you wear something that she’ll think will look nice.”

NB: Be prepared to have an interesting discussion over the definition of nice!

Sometimes choices are invited.

“Grandma’s coming to visit for the weekend. What can you do to make her feel welcome?”

Opportunities to make choices are provided to kids according to their age and stage of development, and their ability to act in their own best interests.

In other words, there are times when you have to make decisions for kids as they don’t know what they don’t know.

One instance is around schooling. I’ve known parents who let their five-year-olds choose the primary school they want to go to. Please!!!

Maybe give kids input into their choice of secondary school, but even then, I think parents make the call. As kids get older they make more choices around the things that affect them. So a 16 year-old makes most of the calls on the subjects they choose and what they want to do with their lives. Many parents are still making these decisions for their kids........

Step back, please! Guide, don’t decide!

Parents rule: There are many BIG issues that are in parents’ domain revolving around health, safety, education & kids’ well-being.

Kids decide: There are some issues that kids can decide. Usually parent help is needed though. This will differ for many families but I personally like to give kids latitude over bedroom tidiness; the amount of food they eat; how they spend pocket-money; what they wear; their choice of leisure, and the like. Hint: Imagine you had a large family. Your kids would be making lots of decisions about personal issues!

Family decides: There are times when everyone has some input into how the family operates. Kids have input into routines, sorting out joint problems (e.g what to do with wet towels left on the floor?) and family rules including how mobiles, televisions and computers are used.

You start out as a parent when kids are young in Parents Rule mode. Your aim is to move to Children Decide mode!

You know they’ve reached real independence when you stop telling them what to do as they are responsible enough to make their own choices and capable of recovering from poor ones.

Along the way, you involve kids in family decision-making processes so that they feel part of the family, and learn how to belong to their group through positive contribution.

That’s the theory! Putting it into practice is tricky! That’s where the work comes in. But it’s well worth the effort!

How close does choice theory apply to your family?

Congratulations

Congratulations to Chiara Cole for gaining the permanent teaching position at our school. Ms Owen will be continuing on the 2B class for the remainder of the year.

Next P&C Meeting: Thursday, 13 June @ 5.30 pm. Staffroom

Term 2 Ends: Friday, 28 June 2013

Next School Assembly: Monday, 17 June 2013 1/2W and Band performing
**What's happening**

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<th>Term 2</th>
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<td>Thur 13/06</td>
<td>Pie orders due</td>
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<td>Thur 13/06</td>
<td>P &amp; C Meeting @ 5.30pm in Staffroom</td>
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<td>Fri 14/06</td>
<td>NR PSSA Girl/Boy Softball trials - Lismore</td>
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<th>Term 2</th>
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<tr>
<td>Mon 17/06</td>
<td>KPS &amp; Casino West Gala Day 10.15am</td>
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<td>Wed 19/06</td>
<td>KPS Athletics Carnival - Kyogle</td>
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<td>Thur 20/06</td>
<td>NRRL all School Carnival QE Park - Casino</td>
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<td>Fri 21/06</td>
<td>Pies delivered - pick up between noon &amp; 4pm</td>
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**KPS Shine at North Coast Dance Festival**
The Stage 3 Girls Dance Group performed in the North Coast Dance Festival at The Arts Centre at the Gold Coast on Thursday, June 6. Students performed a 70s disco dance Shake Your Groove Thing.
The students performed exceptionally well on the big stage.
Many of the girls had never performed to such a large audience before and for many it was their first ever time in the dance group.
A massive thank you to all of the parents who came and helped on the day and night and to those who made the trip to watch the performance.
A BIG thank you to Mr Green for driving us safely to and from the Arts Centre!

**Wakakirri - We have a story to tell - Our Nation’s Heroes**
Fires and floods are devastating natural disasters, but also bring out the best in our nation. We salute our volunteers who keep Australians safe and give us hope when all seems lost…
A reminder if you would like to purchase tickets ($30 each) to see KPS perform in Wakakirri – Story of Dance Competition at Logan, Entertainment Centre, money and note should have been to the office by Wednesday, June 12.
We are also after the donation of old brooms, red, orange, yellow, black, blue, green and white material for us to use in our performance. Please see me for more information.
Thank you,
Erin Reeves

**Canteen Roster**

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<tr>
<th>Date</th>
<th>Name</th>
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<tr>
<td>Thur 13/6</td>
<td>K. Reeves</td>
<td>V. Davis &amp; F. Cravigan</td>
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<td>Fri 14/6</td>
<td>J. Wilson</td>
<td>M. Karam</td>
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<td>Mon 17/6</td>
<td>S. Anderson</td>
<td>F. Cravigan</td>
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<td>Tue 18/6</td>
<td>K. Hoffman</td>
<td>F. O’Mera</td>
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**This Week's Special:**
Lunch - Hotdog with drink and hello pandas $5.50
Recess - Chicken Strudels 30 cents each

**Pie Orders Due**
Please note all pie drive orders are due back tomorrow, Thursday 13 June 2013.

**Jollybops Science Show**
The KPS hall was full of loud bangs, gasps of disbelief and roars of laughter on Friday when the Jollybops Science Show visited our school. Rusty the Robot and the Jolly Professor presented a show that seemed like magic but was indeed science. The children were introduced to a range of scientific concepts including: properties of gases, air pressure, temperature and energy.

**Athletics Day- Wednesday 19 June 2013**
The athletics carnival is on next Wednesday, 19 June Week 8. It will be a one day carnival again this year.
Stages two and three students have been encouraged to nominate for both field events and the 800m events.
Students have also been honing their skills during sport sessions this term and are all looking forward to performing at their best next week.
Age races will be open to all students (K-6) on the day and the 200m events will be conducted as timed finals.
Students under 8 years old will also participate in tabloid activities throughout the day to promote fitness, fun and general athletic skills. Relay teams for Stages two and three will be finalised on the day. A canteen will be available on the day and all parents, carers and friends are encouraged to attend.

**Tutorial Lessons**
Free tutorial lessons for children with reading and spelling difficulties are being offered by Barbara Flower at her home.
If interested please call 66 323 172

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**Values:** Integrity, Excellence, Respect, Responsibility, Cooperation, Participation, Care, Fairness, Belonging, Pride

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