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10 Secrets Every Parent Needs to Know about Saying No

By Dr. Laura Markham - Aha! Parenting

In my last post, we explored why kids don't jump to it when we ask them to do something ([Obedience: Why Do You Have To Tell Them Five Times?](#)).

Many parents told me that post helped them understand conflicts from their child's perspective, which made it possible to find some common ground and more cooperation. As always, a few parents advocated more harshness: "Parents just need to learn to say No and back it up with punishment!" But even many parents who are committed to loving guidance wondered, "How can I say No if I don't resort to threats?"

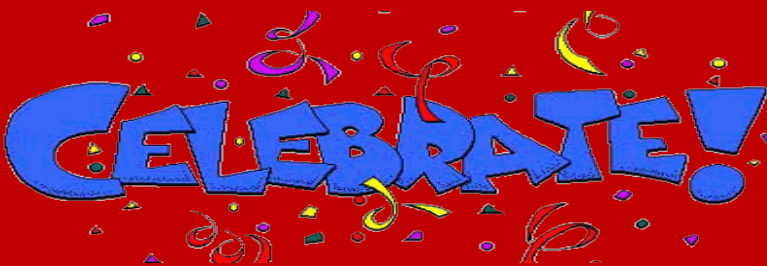
This is, of course, the million dollar question. All parents wish their children would just comply when we ask them to do something, and acquiesce easily when we say No. We don't want to be mean about it. But we do need them to cooperate!

Luckily, it is indeed possible to help children WANT to cooperate, without resorting to yelling, threats or harshness.

[READ THE SECRETS](#)

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TIPS FOR PARENTS

The IFAPA website is filled with an abundance of resources to utilize throughout your parenting journey. Some of the topics on our website include:

- Caring for Children with Attachment Issues
- Parenting Challenging Behaviors
- Navigating Birth Family Relationships
- Discussing Adoption with Your Child
- Preparing for a New Placement
- Parenting Transracially
- Maintaining Sibling Relationships
- Transitioning Teens to Adulthood
- Parenting Traumatized Children

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Study makes surprising link between TV time and childhood obesity



The ill effects of being a couch potato kick in fast for kindergartners, a new study suggests. Kindergarten children who watched television for more than one hour a day were 52% more likely to be overweight than their schoolmates who watched less TV, researchers said Sunday. The kids who spent at least an hour each day in front of the boob tube were also 72% more likely to be obese.

These figures are based on data from 12,650 children from around the country who started kindergarten in the fall of 2011 and were enrolled in a study run by the U.S. Department of Education. Researchers measured the height and weight of each young student (which were used to calculate their body mass index), and parents were asked how much TV time their kids got.

The researchers also took into account the number of hours the kids spent using computers, but it turned out that had no correlation with the children's BMI.

One year after they entered the study, 10,853 of the children had their height and weight measured again, and their parents updated the researchers on their television-viewing habits. The results were once again striking: Compared to the kids who watched less than an hour of TV per day, those who watched an hour or more were 39% more likely to become overweight between kindergarten and first grade. They also were 86% more likely to become obese during that time.

The American Academy of Pediatrics recommends that children limit their total screen time, including time in front of the TV, to less than two hours per day. But these results suggest their advice may be overly generous.

CONQUERING FOOD-RELATED FEARS AND BEHAVIORS

by Bob DeMarco

Food is often an issue in families with children who have experienced early trauma or neglect. The causes vary, but the results are often the same: overeating, undereating, hoarding food, stealing food. The way children deal with their often intense feelings about food—especially when combined with other challenging behaviors—can drive resource parents to the brink.

In our home we've dealt with "The Cave Man" who can't shovel food in fast enough, "The Bird" who refuses to eat at all, "The Bottomless Pit" who never seems to fill, "The Night Owl" who won't eat dinner but is starving at 2 a.m., "The Scavenger" who takes from everyone else, and "The Collector," who likes to store leftovers from the evening meal under the bed.

Our kids had indeed come from a neglectful situation and at times went for days without someone offering them food. This might explain why raw spaghetti and dry cake mix are comfort foods for them, or why my son feels an intense need to provide for his younger sister, or why he asks about lunch while eating enough breakfast for three grown men.

Food-driven behaviors present real challenges for parents and add to the length and breadth of the emotional minefield we navigate as we try to help our kids heal. Many of the mines I've stepped on are because I didn't use the proper parenting techniques I've learned. One would think that after five years parenting children with trauma backgrounds, I would know authoritative parenting doesn't work and that I will not win a battle for control with my kids.

One would think. And yet I have been heard to say:

"You will not leave the table until you eat that chicken"... BOOM (mine explodes).

"You will not hide food in your room"... BOOM (mine explodes).

CONTINUE READING FOR FOOD TIPS

RESOURCE FROM BLANK CHILDREN'S HOSPITAL:

FOOD & EATING ISSUES RELATED TO CHILDREN IN FOSTER CARE

The tips in this video are presented by Dr. Ken McCann a Pediatrician who specializes in child abuse and neglect at the Regional Child Protection Center. [WATCH VIDEO](#)