

Family Wellness Newsletter...

This month I want to talk about patience. What is patience? - well the dictionary describes it as: "the bearing of suffering, provocation, delay, tediousness, etc., with calmness and self-control." Then the Webster's dictionary uses the example "her patience with children."

Yes - children do try your patience. They don't intend too, but they are learning about their world and part of that learning to do new things and test the limits. For very young children, it is at times easy to correct some issues - they are easily distracted and you can move items that they should not touch. If you feed them, diaper them, and give them appropriate attention, they are relatively happy. However, there are occasional situations, like illness, that can really try your patience.

For the toddler and preschooler this is different. Now they are really checking out their world and it is up to you to use all that calmness and self-control. Most children in this age group have a melt-down now and then. Usually a parent can figure out what is wrong by using an old AA (Alcoholic's Anonymous) acronym - HALT. The letter H stands for hungry, the letter A stands for angry, the letter L stands for lonely, and the T stands for tired. Just as these items are to be watched out for when a person feels like drinking or using, they can also bring a child to a temper tantrum. The great part is they are easy to change.

If your child is hungry - you can get them something nutritious to eat. If your child is angry - you can see if he or she is frustrated or over stimulated. If your child is lonely - then they need some lap or snuggle time. And, if your child is tired, then it is time to take a rest break.

When all else fails - give yourself a pat on the shoulder and remember that this too shall pass. Here are a few more suggestions: talk to a friend, take a long shower or bath, get a relative or friend to watch your child, or go for a walk. Whatever you do, remember that your Early Explorers staff is there if you need some information. Have a good month.

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