

Helping children be organised

Many children, particularly boys, need extra assistance getting organised. They may have great intentions but they just can't seem to see the fine details of what they should be doing.

If this sounds familiar then consider using lists to give your child the organisational map that he or she needs.

If you have children who always forget what to do in the morning, list five things they must do before they put a foot out of the door each day. Be specific and stick to the important stuff. A list may read: *Make breakfast, clean teeth, pack bag,* etc.

Place the list in a prominent place and make it attractive or, at least, easy to read. If you have pre readers then use symbols or simple pictures as well as words

This may not be groundbreaking stuff but it

works. Ask your children to tick off each activity or just make a mental note when each is done. This type of reward works well with boys, who respond favourably to short-term goals.

If you want children to have a tidy bedroom then place a list of the five jobs that they must do to keep it tidy behind their door. Let's face it, children have their own version of tidiness so you may have to make it clear what tidiness means.

The use of lists helps children to be organised and takes the onus off you to always tell them what to do.



Quick Parenting Quiz

- Which of the following responses indicate a parent's belief in a child's abilities?**
 - Give me the jar. I'll unscrew the lid.
 - You are nearly there. Well done.
 - I've laid out your clothes for school.
 - Which clothes will you choose?
- Which of the following responses to tales places responsibility on to the child?**
 - That's a shame your sister pushed you. I hope you are okay.
 - Your sister is naughty. Could you get her for me?
 - That's a rough game that you were both playing.
 - Go and tell your mother/father.

Answers: 1 b) and d) 2 a) and c)

Vitamins for parents

Do your children push your hot buttons to get a reaction?

If so, work out what behaviours make you feel:

- Angry
- Guilty

Then respond differently or change your way of thinking about the behaviours.

Bright idea



Listen to understand

When your child has a problem resist giving advice in the first instance. Show you understand how he or she feels and look for ways he or she may resolve the difficulty themselves. Sometimes there is nothing better than being understood.

Wise & Witty Words

"Children are a small percentage of the population but one hundred per cent of our future."

Unknown

"There must be many fathers around the country who have experienced the cruelest, most crushing rejection of all: their children have ended up supporting the wrong team."

Nick Hornby