

# JWIO

The Spring meeting of the Junior Women's Institutes of Ontario was held at the Snelgrove Community Centre with Cindy Cordingley, President in charge.



*Dr. Henry Feenstra, psychologist, Grey County Board of Education.*

## **Dr. Henry Feenstra**

Dr. Feenstra psychologist with the Grey County Board of Education spoke about the family structure and the affect of sibling position on behaviour patterns.

"Why People Do What They Do When They Do". The speaker based his theory of behaviour on the premise that behaviour is not random but structured, and can be changed and can change people's behaviour by helping them meet their needs, if they are not met, mental illness can result.

Our needs range from basic physical to complex social.

**Basic**—could include shelter, rest, food, sex,—in our society these needs are easily met for the majority and pose little problem. Safety from threat of physical or emotional harm—humiliated in public, demoralized, rejected, or being made to feel insignificant can cause emotional harm.

**Social**—the three main social needs are—identity, self esteem and to share love. "No man is an island," everyone needs to belong to someone or something, a spouse, a family, job, club. We all need to be loved; to be on the top of someone's priority list. It is important we feel good about ourselves, give love and feel confident about doing some thing well or better than others and all need to be constantly reminded of our competence.

"Where Do I Fit In"? We should never forget we are individuals and must constantly treat our children as such. Dr. Feenstra helped us to understand how and why we differ. The delegates were divided in groups of oldest children, middle children, youngest children and only children. All were asked to think of the basic characteristics of each group and share them. The findings were predictable. Oldest children accept more family responsibilities earlier, have more new clothes, are the guinea pig for parent's theories, receive more blame, have higher standards, are good organizers and most resourceful. Middle children are more flexible are often jealous, are more relaxed, are more ignored, get the hand-me-down clothes, have more freedom to be themselves, are often high

## **Donna Clark—PRO**

achievers or delinquent. Youngest children are more often pampered, get new clothes, often live in the shadow of other's performance, have different work standards. Only children tend to be loners, more self-ish, poor socializers are expected to be grown up, have all the work to do and get more attention from parents.

## **Learning Disabilities**

Dr. Griffith Morgan, University of Guelph spoke about common causes of learning disabilities in children.

The first three years of life are the most important in determining a child's learning abilities. Growth and development begin at conception, making prenatal life, or the "hidden" year of life, extremely important. There are many factors during prenatal life that affects the development of the fetus: stress on the mother, disease in the mother, age of the mother, nutrition and smoking habits of the mother. Blood and genetic factors should also be considered. Genetic counselling can often avert later problems. The birth of the child has a great deal to do with the future health of the child. A difficult birth such as a breach can cause stifling and lack of oxygen resulting in brain damage.



*Dr. Griffith Morgan, University of Guelph discussed common causes of learning disabilities in children.*

## **"Parents must ask questions"**

At birth an infant's brain is one half adult size and is adult size by age seven. So these early years of life are extremely important in stimulating and developing the brain to function well. This means that parents must learn to watch for any change, no matter how minute, in their child's reactions and development. Parents often do not question their doctor enough and so many problems go unchecked for too long. No matter what you are concerned about—ASK YOUR DOCTOR! Children need constant interaction with