



International  
Year of the Child  
1979

## Poster Competition

The Federated Women's Institutes of Ontario Poster Competition (see H & C Winter/79—page 15) has been extended to May 1980. **One change—any type of paper will be acceptable.** Because of many requests from Branches not planning an IYC program until after their 1979 annual, the Poster Contest will run until the 1980 District Annuals. Some Districts will have their contests in 1979, hold the winning entry and send to the FWIO office after District Annuals in 1980.



*GOLDEN LAKE WI Renfrew North District members ride in the Golden Fest Carnival parade, Mrs. Lydie Hildebrandt and grandchildren along with nurse Mrs. Agnes Lavigreur are seen riding on the float.*

*The Ontario Ministry of Community and Social Services state in a recent release "Children have feelings, needs and expectations like everyone else. A young child depends almost entirely on the parents to meet these needs.*

*Young children, faced with new situations, need help to learn what is expected of them. Being a parent means being able to understand a child's emotional needs and learning to effectively handle them.*

### **Praise and Encouragement**

Give praise for a job well done. A child feels encouraged to do as well, or better, the next time. Praise for being good is more effective than scolding. If it bothers you when your child slams a door, ignore the slams and praise her when she closes the door quietly.

When you comment on unwanted actions, do so in a positive way. For example, rather than "Don't slam the door", try "Please close the door quietly, I prefer it that way."

### **Be Consistent**

Your child also needs to know what to expect. Rules, routines and consistent discipline will help her to feel secure. **RULES:** It's important that she should understand the rules you set and that the rules work well for the entire family.

- set rules which meet your desires but make sure they don't deny the needs of your child. Rather than "no skipping in the house," try "skipping in the basement only."
- Don't set too many rules. If you have a long list to remember it will make being consistent more difficult.
- Apply rules that your child can understand and is capable of following.
- As your child gets older, let her participate in setting rules and in deciding what will happen if a rule is broken. This will let her feel she has rights, and chances are that fewer rules will be broken.

**Set an example:** Children imitate you and your behaviour will influence your child's behaviour. For example, if you tend to slam the door when angry she may learn to do the same. Be sure that your example shows how you wish your child to behave.

### **The Gift of Love**

Young children need constant reassurance that you love them. Love is the greatest gift you can give your child. You can show your love by:

- Saying "I love you"
- Kissing, hugging and touching
- Talking or playing together
- Going places, doing things together
- Showing an interest in her activities
- Listening carefully
- Doing something special, perhaps a treat
- Giving each child some of your individual time.

*Note; for simplicity 'she' is used but it is applicable equally to boys and girls.*