

# Outlook on Lifestyle

## Teach your child with discipline says child expert

By SUZANNE BROWN  
Herald Special

Ask any parent, parenting can be exhausting. Raising kids can be hazardous to your health not to mention your peace of mind.

Something as simple as getting dressed for school can become a battle of wills between you and your five-year-old. Dinner time can make the kitchen into a disaster area and putting pre-schoolers to bed and keeping them there can try anyone's patience.



All children, no matter how perfect they (or their parents) might be) create discipline problems. Barbara Colosso is an educational consultant known internationally for her work in the area of discipline and positive behaviour. The way to teach your children says Ms Colosso is through discipline. She has developed proven strategies for parents to help their children become "loving, caring, responsible individuals."

that by the time they are teenagers, they are making most of the decisions in their life and handling most of the responsibilities. We have to have been building for that from the time they are young."

In fact, she says "there are three things we must give our children to buffer them from sexual promiscuity, drug abuse and suicide in the teen years:

- 1) I like myself.
- 2) I can think for myself
- 3) There is no problem so great it cannot be solved.

And the only way our children can realize these last two, says Ms. Colosso, is if "we give our children from the time they are very young the opportunity to think for themselves— if we teach them not WHAT to think but HOW to think. We do this by allowing the children to make their own choices and "more importantly to experience the consequences, unless those consequences are morally threatening or life threatening.

We start by giving our children choices we think they can handle. We do not says Ms. Colosso ask a three-year-old if he wants to go to bed now, but rather, does he want to go to bed now with his blue pyjamas or his red pyjamas. Similarly, for the five-year-old, getting dressed for school in the morning we might offer her a choice of outfits to wear.

When we give children the responsibility for their choices, we make it their problem when a chore is not done. We end the nagging syndrome.

Ms. Colosso also gives practical suggestions on "curbing fighting (fighting is normal), how to make mealtimes a time for celebration and bedtime a time for closeness.

"You're going to make mistakes says Ms. Colosso, there's no such thing as a perfect parent, no one has all the answers.

Treat your children with dignity and respect. Do not treat your children in a way you wouldn't want to be treated.

Your children need a smile, a hug and humor from you every day says Ms. Colosso.

And remember, your kids are worth it.

How do we do that? We need to give our kids responsibilities and decisions from the time they are very young, says Ms. Colosso. "And we need to increase them so

To help overcome this chance of dampness, paint or tile the floor before the carpet is laid. In Georgetown and area, where we often are hit with high humidity during the hot summers, a dehumidifier should always be used in the basement. It is suggested to use a separate underlay of waffle-back sponge rubber or porous urethane foam rather than buy a carpet with rubber sponge backing, that has no ventilation underneath.

If wall-to-wall carpeting is your choice of floor covering, it can be just as easily laid on concrete as on a wood floor. Check with our local carpeting outlets to have the job professionally done and looking its best.

## DEAR MEG



Meg Whitcomb

### Job injury put him out of commission

By Meg Whitcomb

DEAR MEG — I was so severely injured at my job due to faulty wiring that I've had back surgery four times. Now I can't mow the lawn or teach my 5-year-old son to play baseball. I'm 25, and I used to be very athletic. Before the accident, I was making \$575 a week. Now I'm expected to support my family on \$248 a week from workers' compensation. I have been turned down for Social Security. My doctors admit the surgery was unsuccessful, but they're afraid to op-

erate again because of the chance of crippling me. Please tell me about a neurosurgeon who is one of the best around. — DESPERATE

DEAR DESPERATE — I wish I could help, but I cannot recommend doctors to my readers. For a referral to the best neurosurgeon in your area, call your county medical society or the nearest university medical school. Or, if you feel you have exhausted your local resources, you can do what thousands of people with tough medical problems have done — go to the Mayo Clinic. It's the world's largest, with three medical centers, two hospitals and 850 physicians and research scientists.

On the cutting edge of new technology, Mayo pioneered open-heart surgery, cortisone and CAT scanners. You can make an appointment by writing to the Mayo Clinic, Rochester, MN 55905, or call (507) 284-4587.

DEAR MEG — My college is four hours away from my hometown, where my boyfriend Allan lives. We see each other two or three weekends a month. I know Allan has been dating his ex-girlfriend while I'm away. Allan knows I hate it, but he told me in so many words that if I don't like it I

can lump it. I don't want to lose Allan, but I don't want to be taken advantage of. So what should I do? — LONG-DISTANCE LOVE, VA.

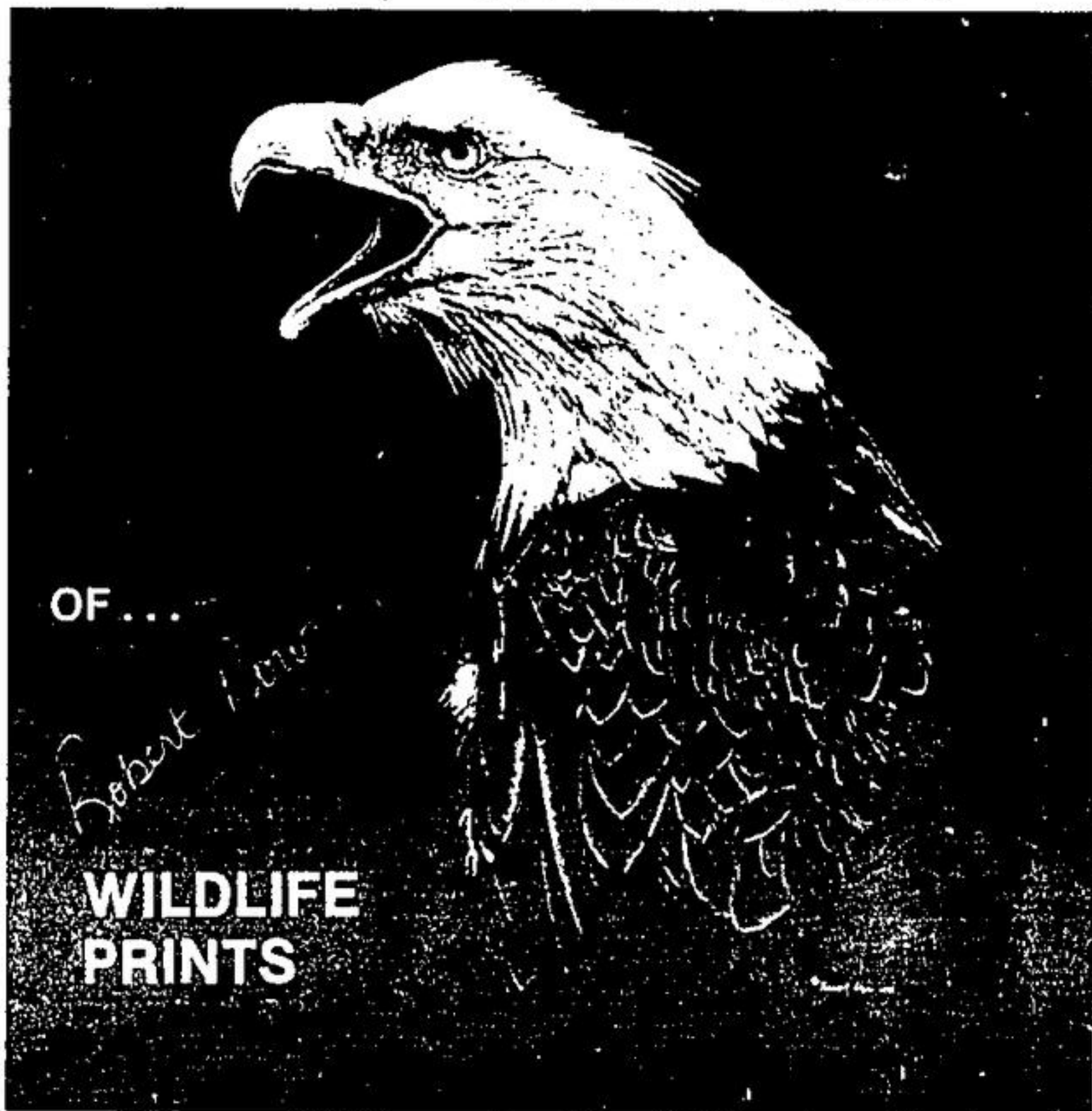
DEAR L.D.L. — Distance can determine the difference between true love and a cheating heart. As the French say — "Absence can be a wind that blows out a candle or a spark that fans a fire into flame."

Face it, you're stuck with a burnt-out candle. But don't let the ashes of your dead romance smother the chances of a new flame! Tell Allan to get lost. It'll do wonders for your self-respect and increase the chances of someone better lighting your fire.

Meg's pamphlet "Love — Is It the Real Thing?" explains the difference between love and infatuation. For your copy, send \$1 to DEAR MEG, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

Write to Meg care of this newspaper. Meg can only answer letters that contain a self-addressed, stamped envelope. Questions of general interest will be discussed in future columns. © 1987, NEWSPAPER ENTERPRISE ASSN.

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## HOME POST SCRIPTS

By Glenda Hughes

If you are not ready to buy a bigger home, it is sometimes worth considering finishing available space, in the home you already own. Creating an inviting, warm, basement rec room could help solve a space problem. However, before you carpet that lovely new basement room, read the following.

Carpeting can be laid on a concrete floor, only if it is perfectly dry. There are times, however, that a floor that seems to be dry, may be slightly damp at certain times of the year, either due to condensation on the cold concrete floor during hot, but humid weather, or because of poor drainage during the rainy season. Damp floors can start mildew on carpet fibres.

To help overcome this chance of dampness, paint or tile the floor before the carpet is laid. In Georgetown and area, where we often are hit with high humidity during the hot summers, a dehumidifier should always be used in the basement. It is suggested to use a separate underlay of waffle-back sponge rubber or porous urethane foam rather than buy a carpet with rubber sponge backing, that has no ventilation underneath.

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By Glenda Hughes

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