Parenting Tips Georgerown Parent-Child Centre



Adults influenced by lessons learned as children

By VALERIE CUNNINGHAM,

We talked last time about what discipline is. Now we will consider what affects our style of parenting. Still before we consider our interactions with our children, let us take a look at ourselves: What type of parent are you?

a) Authoritarian - demanding unquestioning obedience. b) Permissive having few ex-

pectations and little control. c) Democratic - setting limits, having expectations while respecting your child's individuality.

d), some combination, or any one of the above, depending on circumstances and the situation.

What about the child's other parent/your spouse ... are you basically the same type or are you at oppositve poles?

What were your parents like? How are you the same (even when you don't intend to be)? How are you different?

Only you can answer the ques-

tions this time. They are meant to be thought-provoking. If you can, talk to your parents ... and to your in-laws. Ask how they disciplined. Especially talk to your child's other parent. How do you see each other?

Some experts say discipline works best if each parent of a shares the same style, rather than one parent usually using one style and the other usually using a different style. That seems obvious; but each of us when parenting must remember that we are profoundly influenced by the lessons we learned as children about parenting from our own parents.

Valerie Cunningham, paediatric nurse in independent practice, offers a variety of parenting courses and private consultations. She may be reached at 877-6398. During April and May she will lead two parenting courses for the Georgetown Parent-Child Centre. For more information call the Centre at 873-2960.



Bingo winner

Knechtel Georgetown Food Market owner Bob Creasy (background) presented an AM/FM stereo to the Armstrong family of Georgetown represented by (left to right) Chris, Jodie, Jason and family

friend Jason Rizzi Tuesday, as they were the first winners at the Georgetown store in the chain-wide Knechtel's Super Bingo game. (Herald photo)

ALL STORES CLOSED SUNDAY MARCH 24TH

We reserve the right to limit quantities to normal family requirements. Coupon items limited to two.

Prices effective Monday March 25 until Saturday March 30



YOU CAN WIN VALUABLE PRIZES FOLLOWING EVERY TORONTO GOAL ON GLOBAL LEAF HOCKEY TELECASTS. ONE TRIP AWARDED DURING EVERY TELECAST, SEE DETAILS AT STORE.

REGULAR OR DIET



Pepsi-Cola

LIMIT 2 CASES WITH *10.00 MINIMUM ORDER

750 mL BOTTLE (Unit cost 7.9° per 100 mL)

PLUS 404 PER BOTTLE DEPOSIT

BEATRICE, FROZEN, SELECTED FLAVOURS INCLUDING LITE Classic



Ice Cream

2 LITRE CONTAINER

WITH COUPON BELOW - LIMIT 2 COUPONS

HEINZ, FANCY TOMATO JUICE OR



Easter

Lilies

JANE PARKER

Buns

A&P

Hot Cross

Vegetable Cocktail

48 FL OZ TIN

WITH COUPON BELOW - LIMIT 2 COUPONS

PRODUCT OF CANADA, 5 BLOOMS & UP

FULLY SKINLESS, SHORT SHANK, SMOKED Whole

Cooked Ham 3.06/kg

FROM THE TROPICS

Large Pineapple

JANE PARKER

Pumpkin Pie

LIMIT: 4 PIES PER FAMILY PURCHASE FROZEN, SELECTED VARIETIES

Green Giant

GRADE "A"

Large **Eggs**

DOZEN

WITH COUPON BELOW - LIMIT 2 COUPONS



FROZEN, GRADE "A", BASTED, GOLDEN DELUXE OR Butterball

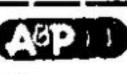
Turkeys 3.06/kg

LIMIT: 3 BOXES PER FAMILY PURCHASE

COUPON

Cocktail

Pineapple



SAVE 50° WITH THIS COUPON



WITH THIS COUPON



SAVE

BEATRICE, FROZEN, SELECTED FLAVOURS INCLUDING LITE 2 LITRE CONTAINER Classic

Ice Cream

LIMIT: 1 container per coupon. Offer valid Mar. 24 - Mar. 30, 1991.

V.C. #624

WITH THIS A SUPERB BLEND, RICH IN BRAZILIAN COFFEES



SAVE 60°

WITH THIS COUPON

49 FL OZ TIN



(PACKAGE OF 12 - 2.29)

IN OWN JUICE, CRUSHED, SLICED, TIDBITS

GRADE "A"

| Large Size **Eggs**

LIMIT: 1 dozen per coupon.

(Feeture price without coupon 179)

LIMIT: 1 beg per coupon. Offer valid Mar. 26 - Mer. 30, 1991. (Feeture price without coupon 2.09)

8 O'Clock

LIMIT: 1 tin per coupon. Offer valid Mar. 24 - Mar. 30, 1991.

S.C. #621 | (Feeture price without coupon 99)

i Heinz Vegetable

Offer valid Mar. 24 - Mar. 30, 1991. S.C. #623 (Pay regular price without coupon.)