

Parenting Tips
Georgetown Parent-Child Centre

Adults influenced by lessons learned as children

By VALERIE CUNNINGHAM, R.N.

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 expectations 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 opposite 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 pair 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, a 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)

Say: "I saw it in The Herald"

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



SCORE & WIN
WITH TORONTO MAPLE LEAFS
Canadian Holidays
YOU CAN WIN VALUABLE PRIZES FOLLOWING EVERY TORONTO GOAL ON GLOBAL LEAF HOCKEY TELECASTS. ONE TRIP AWARDED DURING EVERY TELECAST. SEE DETAILS AT STORE.

Look! Spend Less.

REGULAR OR DIET
Pepsi-Cola or 7UP
CASE OF 24-280 mL TINS (Unit cost 89¢ per 100 mL)
5.99
LIMIT 2 CASES WITH \$10.00 MINIMUM ORDER
750 mL BOTTLE (Unit cost 79¢ per 100 mL)
.59 PLUS 40¢ PER BOTTLE DEPOSIT

HEINZ, FANCY TOMATO JUICE OR
Vegetable Cocktail
48 FL OZ TIN
.49
WITH COUPON BELOW - LIMIT 2 COUPONS

FULLY SKINLESS, SHORT SHANK, SMOKED
Whole Cooked Ham
3.06/kg
1.39
lb

GRADE "A"
Large Size Eggs
DOZEN
.88
WITH COUPON BELOW - LIMIT 2 COUPONS

BEATRICE, FROZEN, SELECTED FLAVOURS INCLUDING LITE
Classic Ice Cream
2 LITRE CONTAINER
2.79
WITH COUPON BELOW - LIMIT 2 COUPONS

PRODUCT OF CANADA, 5 BLOOMS & UP
Easter Lilies 6 inch pot **4.99**
JANE PARKER
Hot Cross Buns package of 8 **1.49**
(PACKAGE OF 12 - 2.29)
IN OWN JUICE, CRUSHED, SLICED, TIDBITS
A&P Pineapple 540 mL tin **.79**

FROM THE TROPICS
Large Pineapple each **1.99**
JANE PARKER
Pumpkin Pie 625 g size **1.99**
LIMIT: 4 PIES PER FAMILY PURCHASE
FROZEN, SELECTED VARIETIES
Green Giant Vegetables 1 kg bag **2.49**
LIMIT: 4 BAGS PER FAMILY PURCHASE

FROZEN, GRADE "A", BASTED, GOLDEN DELUXE OR
Butterball Turkeys
3.06/kg
1.39
lb
LIMIT: 3 BOXES PER FAMILY PURCHASE

WITH THIS COUPON **A&P** SAVE 60¢
A SUPER BLEND, RICH IN BRAZILIAN COFFEES
300 g BAG
8 O'Clock Bean Coffee **1.49**
LIMIT: 1 bag per coupon.
Offer valid Mar. 24 - Mar. 30, 1991.
(Feature price without coupon 2.09)
S.C. #621

WITH THIS COUPON **A&P** SAVE 50¢
FANCY TOMATO JUICE OR
48 FL OZ TIN
Heinz Vegetable Cocktail **.49**
LIMIT: 1 tin per coupon.
Offer valid Mar. 24 - Mar. 30, 1991.
(Feature price without coupon .99)
S.C. #623

WITH THIS COUPON **A&P** SAVE
GRADE "A" DOZEN
Large Size Eggs **.88**
LIMIT: 1 dozen per coupon.
Offer valid Mar. 24 - Mar. 30, 1991.
(Pay regular price without coupon.)
S.C. #625

WITH THIS COUPON **A&P** SAVE \$1.00
BEATRICE, FROZEN, SELECTED FLAVOURS INCLUDING LITE
2 LITRE CONTAINER
Classic Ice Cream **2.79**
LIMIT: 1 container per coupon.
Offer valid Mar. 24 - Mar. 30, 1991.
(Feature price without coupon 3.79)
V.C. #624