

Summer programs for teenagers offered

Registration is on. The John Howard Society of Peel-Halton-Dufferin is now holding registration for its YO! Summer Programs for teens. The programs are open to youths aged 13

to 16 and run from July 22 to 25 and August 11 to 14. Each day, from 11 a.m. to 3 p.m., topics including substance use and abuse, gangs and belonging, anger and emotion and healthy

relationships will be covered. The programs are free and lunch is provided. To register for one or more days, call Kara at (905) 864-1306.



Parenting on the same page

with DANIELLE LALONDE

Will these temper tantrums ever stop?

Question:

My four-year-old still has temper tantrums. I thought he would grow out of this. It is embarrassing and frustrating. How long before this stops? Kelly

Answer:

One only needs to stand in line at a local customer service counter for a short time to realize that some people never outgrow temper tantrums. Temperament plays a role in how people (including children) react to frustration. Some children simply have a shorter fuse and will throw tantrums more often and for longer durations. However, there are some things that parents can do to help ease the situation. Think CPR for emergency situations: Compassion, patience and resolve.

Compassion: Try to understand where the tantrum came from. Is your child tired or hungry? Have you put them into a situation that would try even an adult, such as shopping for an excessive amount of time?

Patience: Two angry people screaming at each other will not help the situation. Take a minute to collect yourself and figure out a reasonable plan of action, one that you can live with.

Resolve: Whatever your decision, stick with it. This is where your child will learn something from you. Will it be "I have to cry and scream extra long to get what I want"? Or will it be "Once I start throwing a fit, my parents will stand their ground"?

As a community, we can support each other during these times. For instance, instead of tutt-tutting, we can give each other a knowing "Been there" smile. It is important to remember that a child who has tantrums isn't a sign of bad parenting, just the sign of a strong willed child. This strong will might serve him/her well someday. Goodness knows there are a few successful tantrum throwers in parliament.

Danielle and Sue accept parenting questions at Danielle@mcrc.on.ca.

Danielle Lalonde E.C.E., B.A. is the mother of two and a Parenting Educator with the Ontario Early Years Centre, North Halton (www.mcrc.on.ca). She, with her colleague Sue Brathwaite, provide support and resources to assist parents and caregivers in their roles. The centre also provides early learning experiences for children 0-6 years of age.

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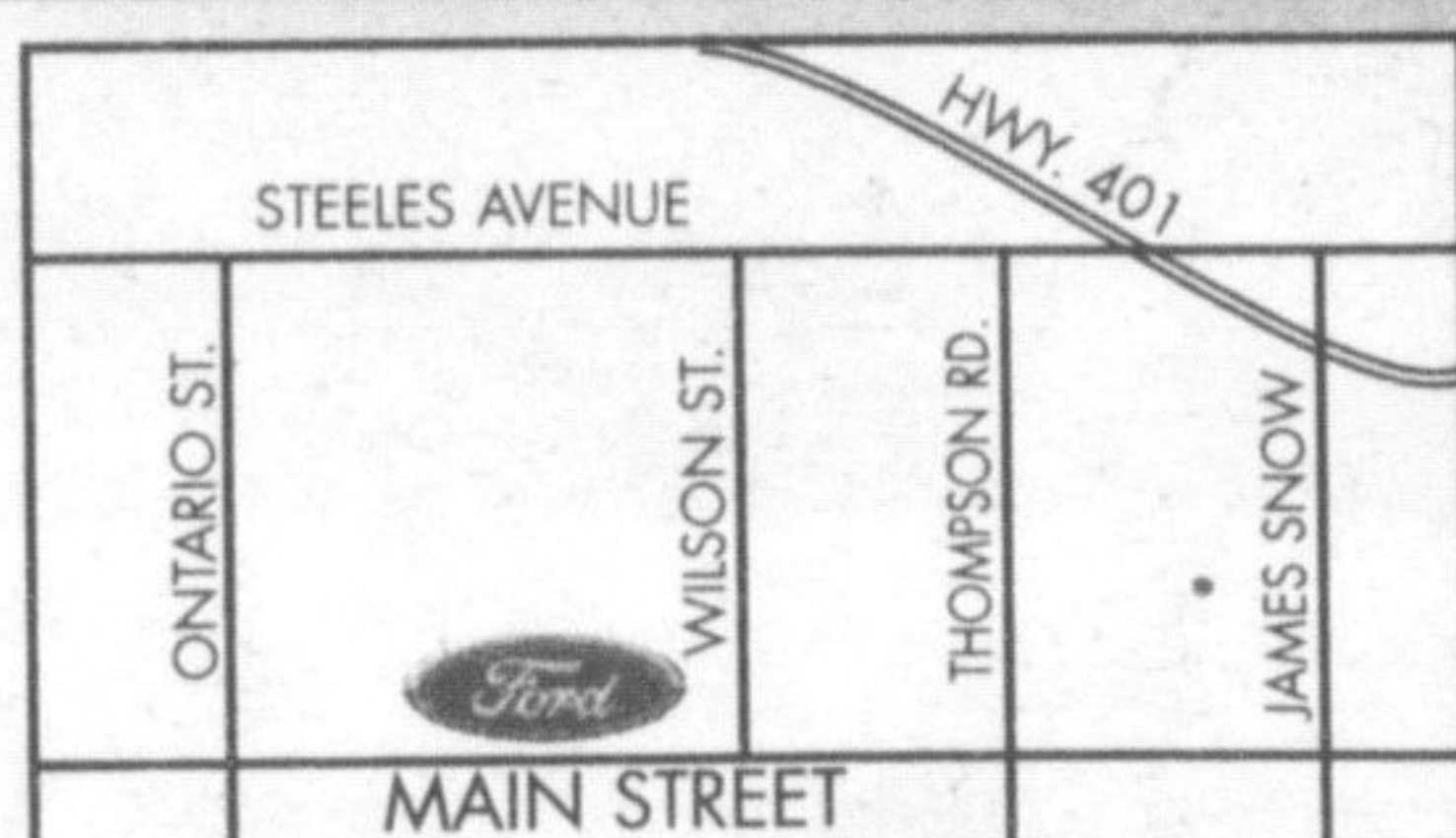
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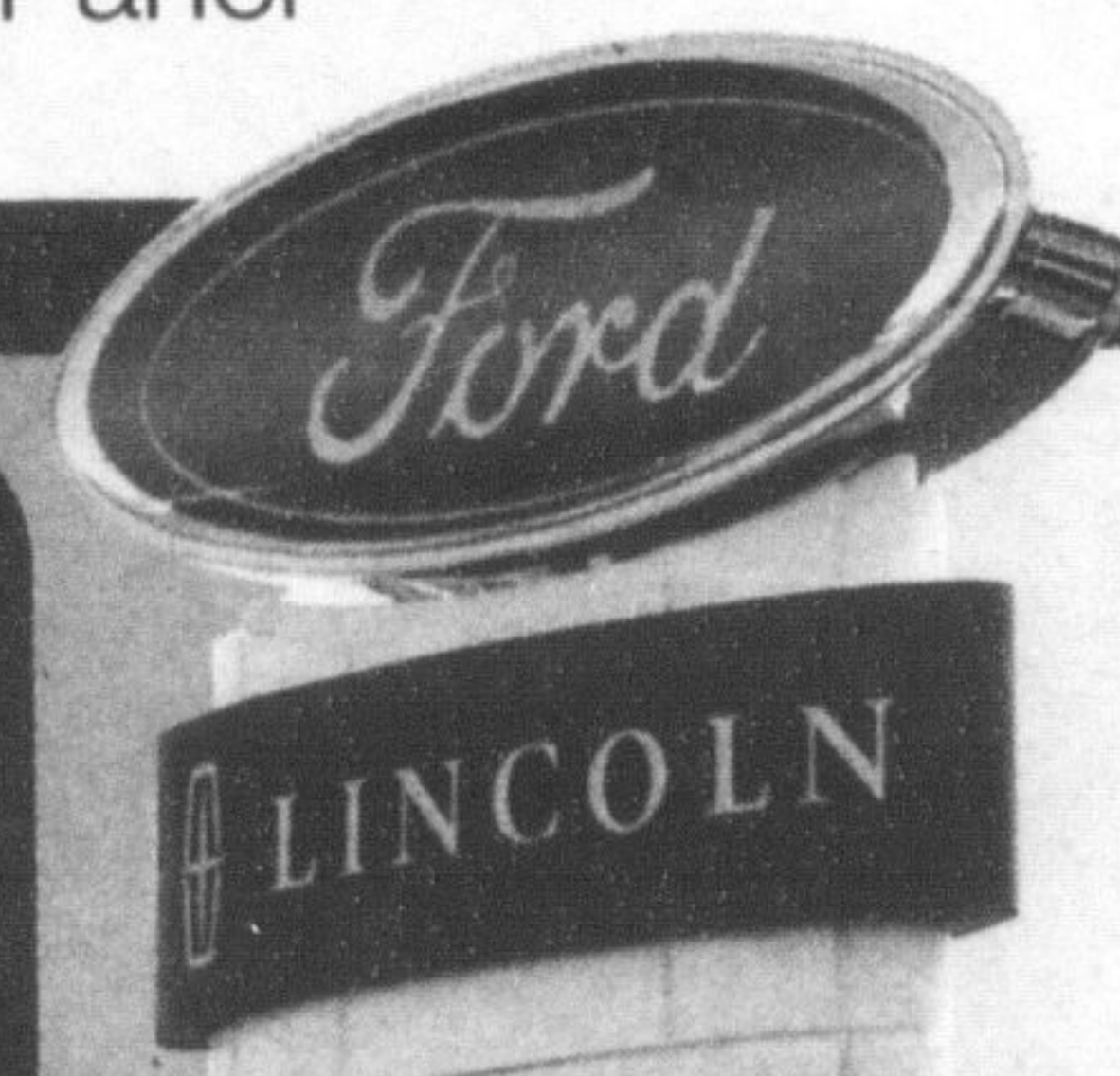
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