

Markham Family Life Centre

Setting limits for behaviour

When Johnny or Mary kick the neighbor's dog, talk back to the teacher, stay out too late at night, we might say to ourselves: "Where have I gone wrong", or, "Surely, I can't be responsible for this little monster!"

It could be a matter of behaviour control. Basically, behaviour control is the expression of limits, set on our behaviour when we love one another. When two people love one another, they know that in their freedom they will say "no" to acts which will destroy or weaken their union.

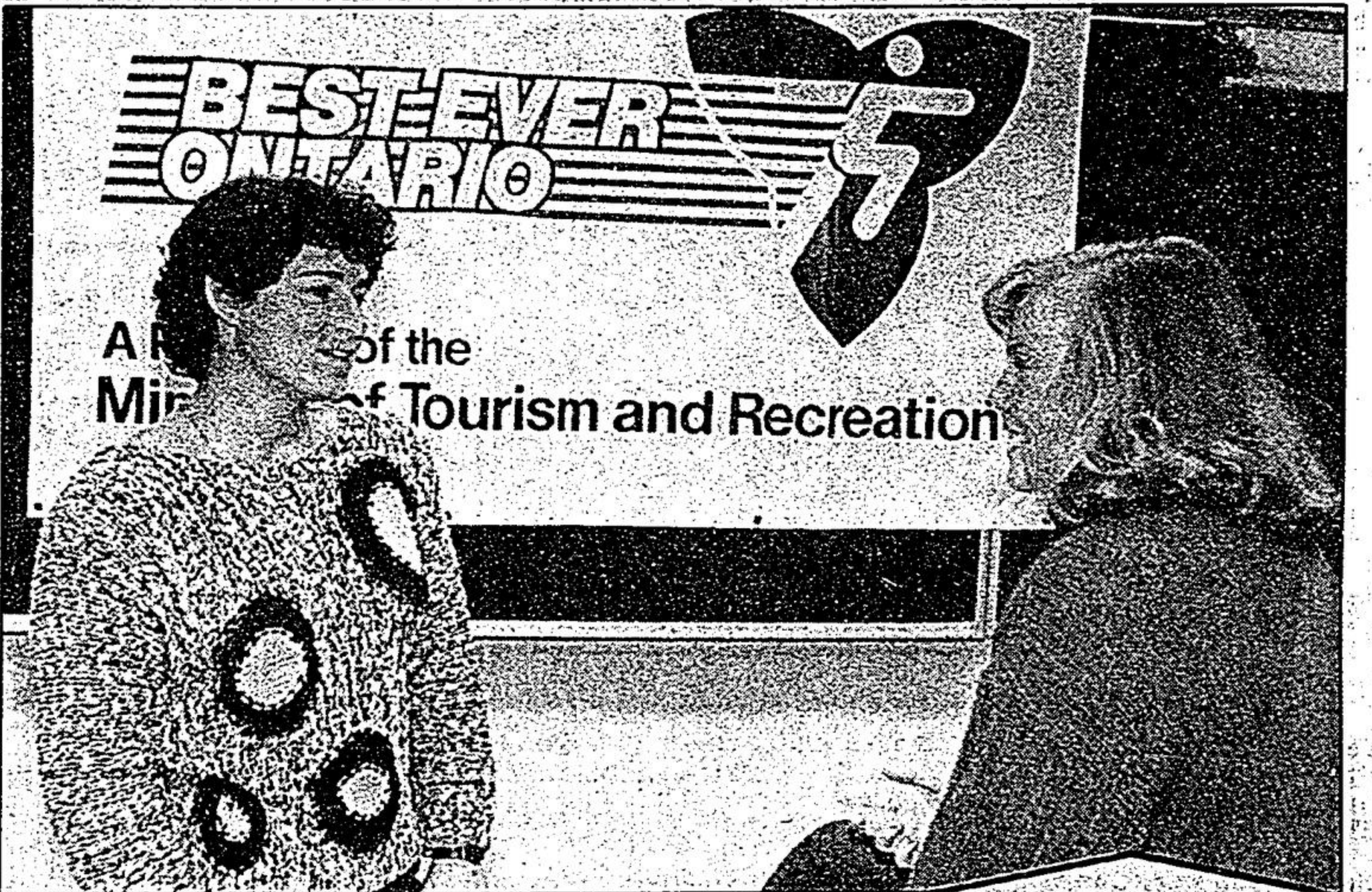
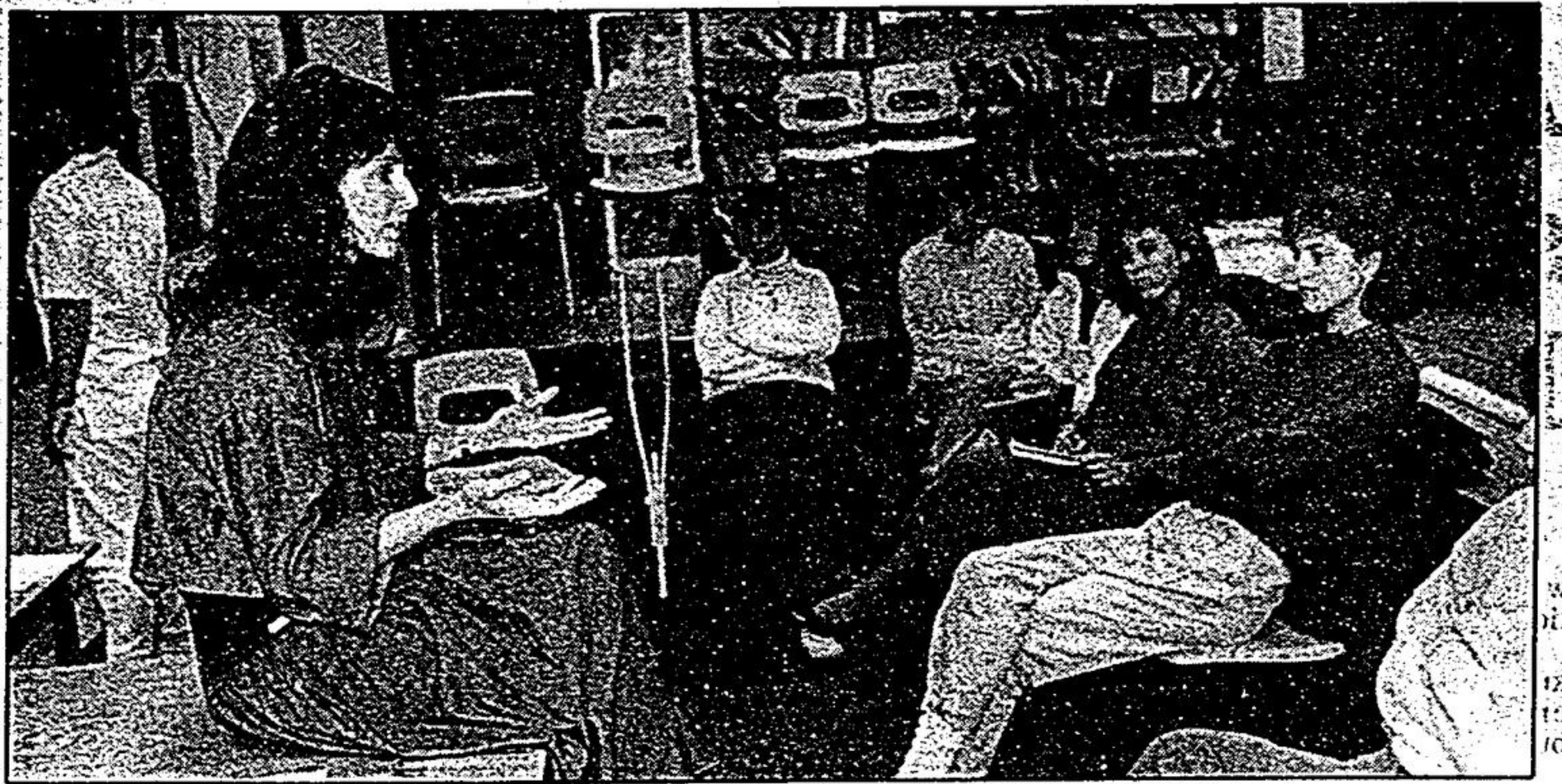
Children sense this freedom, and the limitations they freely choose. The children pick up these limitations and internalize them into their own personalities.

Making rules is really a family task. What applies to one, basically applies to all, only with varying

degrees of responsibility. The behaviour pattern is like a continuum going from rigid to chaotic.

In between is the flexible, loving, set rules, but able to make mistakes, middle road. It's the golden road to happiness: The rigid, discipline pattern is the severe, unbending, strictly principled road, which suppresses the individual. On the other extreme the chaotic discipline pattern is unprincipled, anything goes "to the victor belongs the spoils" road, which prevents a person from knowing his limitations, from being considered and responsible. It often is the road that leads to a Correctional Institution.

Edward S. Meade,
Director,
Markham Family Life Centre.



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Sports talk!

Women in Sport Day at Thornlea Secondary School last week was an event shared with ten top athletes from York Region Schools. Jan Jones, co-ordinator of the day-long program invited women Olympic medal winners to the school for a symposium in which female students could get to know top athletes on a personal basis. Here, lower photo, Judy Garay (swimmer) on left talks to Unionville High School student, Debbie Cox. Ms. Garay stated that most athletes are self-motivated and any failure has to be considered as a temporary setback. Above, another woman athlete discusses sport as a lifestyle with a group of students. Also leading discussion groups were Olympic medal winners Linda Thom, Sue Holloway, Ann Peal, Andrea Page and Terry Wheatley McGee.

— Bill Lanning

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