

Parent Connection

Parenting Arizona

HAPPY NEW YEAR!!!

SPECIAL POINTS OF INTEREST:

- Happy New Year
- How to Keep your New Year's Resolutions
- Temper Tantrum
- Food Value Club
- Make Exercise Child's Play

With the new year upon us, we sit back and reflect on our last year. We want to start the year out here with a thank you. We know we say this a lot but we want all of you, our extended family to know how much we appreciate you. You all have made us here at Parenting Arizona have a wonderful 2009. So with our huge thank you being said we hope you continue to work with us and let us work with you! Thanks for making 2009 memorable for us! Now, Here's to 2010! May it bring you wealth beyond measure and happiness and joy.

are easier announced (or written) than done— but if you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like "I will lose 30 lbs by April and finally fit into that dress," target a goal that's more attainable, like losing 10 or 15 pounds.

Step 2: Don't overload yourself. It's difficult enough for the average person to follow through on one ambitious New Year's resolution; why on earth would you saddle yourself with three or four? Choose the most pressing issue at hand— losing weight, improving your relationship with your spouse or your kids, and concentrate on that. Trying to do everything simultaneously practically guarantees failure across the board.

Step 3: Tell everyone you know. One school of thought says that New Year's resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution, the more people there'll be to prod you along if you fall behind. There's no shame in seeking help if you can't accomplish your resolution on your own.

Step 4: Reward yourself. Following through on a new Year's resolution is rarely easy,

so a little Pavlovian conditioning goes a long way. If you've resolved to ship less, stroke your ego for not buying those shoes by springing for a steaming hot cappuccino at the mall.

Step 5: Wait until spring. Sometimes the best way to accomplish a New Year's resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish in yourself.

This all being said, there still can be setbacks we all face in achieving our goals. Remember not to sweat the setbacks. Be persistent as this is the key to achieving your goal. Another helpful hint is to register with an e-mail reminder service to keep you committed. Find how to websites online that will send you reminders or register for eHow.com and set a reminder on there!

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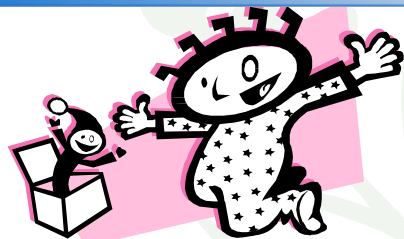
How To Keep Your New Year's Resolutions

It is hard to make resolutions and keep them. Here are a few steps to making sure that you will be able to maintain your resolutions throughout the year!

Step 1: Make reasonable goals. It goes without saying that most New Year's resolutions



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During the kicking and screaming chaos of the moment, tantrums can be downright frustrating. But instead of looking at them as catastrophes, treat tantrums as opportunities for education.

Why Kids Have Tantrums

Tantrums range from whining and crying to screaming, kicking, hitting and breath holding. They're equally common in boys and girls and usually occur between the ages of 1 to 3. Several basic causes of tantrums are familiar to parents everywhere: The child is seeking attention or is tired, hungry, or uncomfortable. In addition, tantrums are often the result of a kids' frustration with the world—they can't get something (for example, an object or a parent) to do what they want. Frustration is an unavoidable part of their lives as they learn how people, objects and their own bodies work. Tantrums are common during the second year of life, a time when children are acquiring language. Toddlers generally understand more than they can express. As language skills improve, tantrums tend to decrease.

Avoiding Tantrums

The best way to deal with tantrums is to avoid

them in the first place, whenever possible. Here are some strategies that may help:

- Make sure your child isn't acting up simply because he/she isn't getting enough attention. To a child, negative attention (parent's response to a tantrum) is better than no attention. Try to establish a habit of catching your child being good, which means rewarding your little one for good behavior.
- Try to give toddlers some control over the little things. This may fulfill the need for independence and ward off tantrums. Offer minor choices such as "Do you want orange juice or apple juice?"
- Keep-off limit objects out of sight and out of reach to make struggles less likely to develop over them. Obviously, this isn't always possible, especially outside of the home where the environment can't be controlled.
- Distract your child. Take advantage of your little one's short attention span by offering a replacement for the coveted object or beginning a new activity to replace the frustrating or forbidden one. Or simply change the environment. Take your toddler outside or inside or move to a different room.
- Set the stage for success when kids are playing or trying to master a new task. Offer age appropriate toys and games. Also, start with something simple before

moving on to more challenging tasks.

- Consider the request carefully when your child wants something. Is it outrageous? Maybe it isn't. Choose your battles; accommodate when you can.
- Know your child's limits. If you know your toddler is tired, it's not the best time to go grocery shopping or try to squeeze in one more errand.

Tantrum Tactics

The most important thing to keep in mind when you're faced with a child in the throes of a tantrum, no matter what the cause, is simple and crucial: **KEEP COOL**. Don't complicate the problem with your own frustration. Kids can sense when parents are becoming frustrated. This can just make their frustration worse, and you may have a more exaggerated tantrum on your hands. Instead, take deep breaths and try to think clearly. Your child relies on you to be the example. Hitting and spanking do not help; physical tactics send the message that using force and physical punishment is OK. Instead, have enough self-control for both of you.

First, try and understand what's going on. Try to understand where your child is coming from and handle appropriately.

Second, and most important, kids may be especially vulnerable after a tantrum when they know they've been less than adorable. Now is the time for a hug and reassurance that your child is loved, no matter what.

Kids may feel vulnerable after a tantrum, now is the time to make sure they know you love them no matter what.

ST. MARY'S FOOD BANK ALLIANCE: FOOD VALUE CLUB



Open to the general public, the Food Value Club helps families and individuals stretch

their grocery dollars. The FOOD Value Club is a purchase program which accepts Quest Food Stamp Card, Debit Card and cash and requires no application or membership fees. Food Boxes include a menu of purchased canned and boxed food and

frozen meat items in a variety of packages. You will also receive a Bonus Box of donated items with each purchase!

Call 602-242-FOOD to contact FVC or visit any of the following Valley Locations:

3131 Thomas Road- Phoenix
3131 W Thomas RD. in Phoenix
Tuesday - Friday 12 to 4pm
Saturdays 8 am - 3 pm

Westside - Surprise

13050 W. Elm St in Surprise (south of Dysart and Bell Rd)
Tuesday - Saturday 8am-3pm
Drive thru service available

Glendale

5605 N 55th Ave (55th Ave south of Bethany Home)
Monday - Friday 8am-3pm.

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We would like to wish a Special

HAPPY BIRTHDAY

to all of our Family and Friends who have Birthdays this month!

Melissa Vasquez 1/5

Yenny Castellanos 1/6

Victoria Eagy 1/9

Andres Anaya 1/10

Liz Travis 1/10

Joel McCarthy 1/12

Janell Pepple 1/13

Natalie Valenzuela 1/15

Alyssa Richline 1/16

Trudy Lowrey 1/16

Nathaniel Ortiz 1/16

Daniel Vicuna 1/24

Aaron Pacheco 1/24

Daphne Maroney 1/27

Silvia Ellis 1/30



MAKE EXERCISE CHILD'S PLAY

Ever wonder how you can find time between working all day and hanging with the kids in the evening to exercise? And no, this is not just another one of those articles that makes you feel guilty for dropping into bed too exhausted at the end of the day. What we've done is made exercise child's play! Find out how many calories you can burn jumping rope, playing with kids, working in the garden, and more. As we've heard recently on the news, it doesn't matter if you get all your exercise at one time, so it's fine to have small segments of activity to reach a goal of about 30 minutes a day. Of course, you should always check with your physician before beginning any exercise program and for your own specific health considerations or concerns.

Do What the Kids Do!

Ever watched children play? They have fun running around. Just think of all the calories they burn! We wondered what would happen if we tried acting like kids.

Jump Rope

Did you know that a 150-pound person who jumps rope for 15 minutes burns 171 calories*? Although that may not be enough to resculpt your physique, it's certainly a start for adding activity to your day—and it's fun! The kids will love challenging you to a jump rope contest.

Skip Its® and Hula Hoops®

We couldn't find a specific number of calories burned playing with Skip Its (those gizmos where you slide the hoop over your ankle, swing your leg around, and jump) or hula

hoops, but joining in with the kids increases your activity level and makes for a bunch of fun. Don't feel bad if it takes some practice before you can challenge the kids.

Walk, Run, and Play with Children

A half hour of playing with the kids burns about 135 calories*. You'll not only spend quality time together, you'll also get some healthy activity in and have fun. Try tossing a football, a play ball, or a Frisbee®, if you're looking for some activity ideas. You could even challenge older kids to a foot race.

Dance Party

Almost every kid loves to dance! And 15 minutes of dancing burns about 100 calories*, so grab the kiddies, turn on some tunes, and get ready for a dance party. If you're concerned the neighbors might be traumatized by your moves, you can always pull the shades. Have fun.

Pool Laps

If it's not too cool where you live or you have an indoor wading pool at your disposal, we saw a dad who had a great idea for getting some exercise. While his daughter safely played nearby, he took some laps around the inside perimeter of the pool. Even if you can't get to the pool, we thought his ingenuity was inspirational.

Shop 'til You Drop

Well actually, our plan is to window shop. Pick a day and find an indoor or outdoor mall, if the weather's nice. This one's perfect for little kids who will sit nicely in the stroller for a half

hour or so. If your kids are not so cooperative when it comes to stroller time, you might try adding an enticement (okay, okay—a bribe!) to keep your little one occupied. A fruit lollipop or cracker and juice might be just the trick for a squirmy little one. Of course on a nice day, you can always walk in the neighborhoods, and a frozen fruit bar might buy you a half an hour.

Play in the Mud

Spending time in the garden is not only relaxing, but it can burn up to 184 calories* for a half hour basking in the sun. Older kids can play nearby and younger kids might happily dig in the dirt or help you garden a bit.

Put on a Video

Although you could just try exercising while the kids watch one of their favorite videos, it's also fun to put in an exercise video and exercise together. Kids love to jump around and try to mimic your movements.

Whatever you do, try to have fun while you increase your activity with the kids.



Whatever you do, try to have fun while you increase your activity with the kids!



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PARENTING ARIZONA™

Safe children. Strong families.

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WITHIN THE COMMUNITY



Home Depot -All Locations

FREE Kids Workshops

The first Saturday of every month, Home depot offers "How-To Workshops designed for children Ages 5-12 from 9:00am-noon!"

Lakeshore Learning Store

4727 E Bell Road Phoenix, AZ 85032, 602-482-7919

FREE Crafts For Kids ages 3 and up

EVERY Saturday from 11 am -3 pm

1/2—Precious Memories Photo Stand, 1/9—Funky Bow Tie, 1/16—My Pet

Penguin, 1/23—Fuzzy Felt Wallet, 1/30—It's My House Key Holder

Saguaro Ranch Park—Citrus Zestival

9802 N. 59th Ave , Historic Area

Saturday ,January 23rd, 10 am—2 pm

Celebrate Saguaro Ranch's historic grapefruit and orange trees and all things citrus! Free entertainment, cooking demonstrations, baking contest and special citrus activities, PLUS pick some citrus to take home!

FREE ADMISSION! Refreshments available for purchase.

Desert Botanical Garden

FREE ADMISSION, the second Tues-

day of every month, from 1-8 pm.

1201 N Galvin Parkway, Phoenix

Family Learning Center—33 W Tamarisk

Sid The Science Kid Workshop

Learn how to spark children's natural curiosity, and create fun experiences. Help learn how to explore and understand the world around them. **REGISTRATION REQUIRED.**

Monday, January 25th, 9-10:30 am