

# AAA Parent Coaching Services Newsletter

*Exceptional Parenting Solutions*

Back To School Edition

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## Featured Article



### Do You Have An Angry Child?

Living with an angry or explosive child can be incredibly stressful. However, there are techniques that can help angry children learn to manage their moods and control their behavior. I invite you to try the following tips:

**Model appropriate expressions of anger.** Are you setting a good example for your child? If not, learn how to maintain control while feeling angry. Let your child

Greetings,



I hope this note finds you and your family well, and that everyone has made a successful transition back to school.

Now that school is back in session I am looking forward to beginning a series of Parenting Workshops at schools all over the tri-state area. If you are interested in scheduling a workshop for your child's school, please contact me for more information.

I am also pleased to say that I have come upon a terrific new website for some of us older moms entitled "Motherhood Later Than Sooner." This is a fabulous resource for moms and I highly recommend visiting the site. Today was the launch of the first newsletter and I had the privilege of contributing an article on my favorite topic: "gratitude."

In the event that you care about someone who is interested in adoption, I have included a link to an incredible adoption consultant who has helped to create happy families over the last twenty-five

know that you are working on managing your own anger better, and that you will help your child to do the same. **Don't let anger "work" for your child.** Does fear of your child's angry outburst influence your parenting choices? If so, you may be teaching your child to manipulate or bully you into getting their way.

**Encourage your child to recognize when he feels angry.** Ask what anger feels like in his body. Does his heart beat faster? Does anger feel good? Ultimately you want to help your child to be able to identify that he is feeling angry and to calm down before his anger gets him into trouble.

**Teach your child to use deep breathing and creative visualization to calm down before reaching the boiling point.** Your child is capable of doing this...children as young as three can learn to use deep breathing exercises.

**Listen actively to your child when he explains why he feels angry.** Help him to identify possible solutions to the problem.

**Using simple language, explain to your child that just because he feels angry, he does not have to scream or act out.** Anger does not have to control us. We can choose how we express our angry feelings.

**Love your angry child unconditionally all the time.**

**Remember that your angry child is not a bad child.**

Try to acknowledge your child's strengths and accomplishments, both to yourself and to your child. Recognize that your child is not defined by anger alone.

**Catch your child in the act of doing something right and**

years.

Finally, I would like to take a moment to thank my incredible clients and friends for their support and kindness during my recent illness. I am so lucky to have such wonderful people in my life. While it has been painful to be unable to teach my beloved preschool class, I am deeply grateful for the chance to devote more time and energy to parent coaching, parenting workshops, and to my new parenting book...more on that in the next newsletter.

Wishing you all the very best,

Elizabeth Pflaum

## Mama Is LARGE and IN CHARGE



One of the most common themes that my clients share is a sense of powerlessness over their children, their schedules, and their home life.

Often the very first issues that I address is to help clients recognize that they are "LARGE AND IN CHARGE" As mothers, we have the right and responsibility to make and enforce the rules. We decide where the boundaries are and what is and is not appropriate in our home. As we discipline our children, any hint of hesitation, a lack of conviction, or inconsistent rules and consequences, can create anxiety, power struggles, and tantrums.

We don't have to tolerate disrespect or any other form of bad behavior from our children. We have the power to help our children grow into their best selves. Let's remember to use it.

## Organizing For A Successful School Year



With a busy life and an active career, I know from first hand experience the frustration and stress associated with chaos and disorganization. Organization is especially important for those of us with children with learning and other challenges.

1. **Decide what your core values are budget your time accordingly.** Consider your children's strengths and needs, how much sleep he requires, and what your goals are.
2. **Identify time wasters and decide how you want to handle them.** If you are stuck on this step, consider making a list of everything that you do for three days, and then make changes as you see fit.
3. **Create "Family Central."** This should be a public area of your home where a completed calendar can be hung, as well

compliment him specifically and sincerely. I cannot stress the power of praise enough. Even angry children want to please their parents. In addition, praising your child for doing the right thing helps him to recognize that he is still a good person despite his struggle with managing anger.

Encourage your child to let go of perfectionist tendencies. When children put undue pressure on themselves they create inner turmoil and resentment that may be expressed as anger. Let your child know that mistakes are an important part of learning and that everyone makes them.

Laugh often. Laughter is both contagious and a wonderful way to diffuse anger and tension.

Identify the triggers for your child's anger. Does he tend to get angry when he is tired or hungry? Does he struggle with not getting his own way? Once you identify the triggers, do what you can to prevent angry outbursts from occurring.

Make sure your child gets plenty of exercise. Running and active play is a terrific way for children to release feelings of anger and frustration, and to manage their mood.

As you discipline your angry child, your focus should be on being firm and fair. Your child needs to understand that you are always willing to help him, but you will not be manipulated by his anger.

You don't choose your family. They are God's gift to you, as you are to them. ~Desmond Tutu

Quick Links...

[Our Website](#)

as a cork board for invitations, schedules, notes and other information.

4. **Create the "Family Calendar" and individual agendas.** EVERYTHING that you will do should be noted on the family calendar. If you have time, consider using a different color for each family member. Include travel time, homework assignments, family projects, tests, and critical "to do" items. Maintain a separate calendar or pda that you can carry at all times and give each child over the age of seven their own agenda. Teach them to record their activities and "to-do" items in their book. This allows children to take responsibility for managing their own time.
5. **Consider holding a weekly family meeting to review the calendar for the coming week.** During the meeting, sit down with your parenting partner and children to review the details of the coming week. This gives everyone in the family a sense of control over how they will spend their time.
6. **Create an area in your home where your child's important items can "live."** In my home each of my children has their own large plastic box that we keep on a shelf. During the week backpacks, lunch bags, library books, and other such items "live" in the box. During the weekend shin guards, cleats, birthday party presents, and similar paraphernalia may "live" in the box.
7. **Create an area in your home where a well stocked caddy of homework supplies "lives."**
8. **Create a well-lit, quiet area where homework will be done.** Consider how your child works best, the supports that he needs to do their work and how easily distracted your child is.
9. **Plan ahead as much as possible and consider making good use of the internet.** You might decide to buy birthday gifts online when you receive invitations, or buy your groceries online. Making a weekly menu and grocery shopping only once a week can be a great time saver.
10. **Invest in a plastic filing box and designate one folder for each family member.** All important information that doesn't belong on the bulletin board should go in the file. This is especially important if your child has an IEP or 504 plan because it will help you to stay organized for team meetings.

- [Contact Us](#)

[Motherhood Later Than Sooner](#)

["Attitude In Gratitude" from MLTS newsletter](#)

- [New Beginnings Adoption Consultation & Education](#)

## Adoption In School



Are you struggling with how to handle your child's status as an adoptee in school?

- Remember that adoption is normal, natural, and even occurs in the animal kingdom! Help your child to recognize this on a deep level.
- If your child's history or adoptee status impacts his behavior, mood, confidence, or academic performance, consider sharing pertinent information with his teacher. Try to provide the teacher with concrete tools that she can use to support your child in the classroom.
- If your child is in elementary school, I would highly recommend asking the teacher to allow you to come into the class to give a presentation about adoption. Include your child in the planning and presentation. Make sure your child knows that you will not mention anything that is private. At the end of the lesson, encourage children to ask all the questions they can think of. In answering them, you will both model for your child how to answer such questions, and you will also allow their classmates to ask you their questions instead of your child.
- At some point your child will receive an assignment that brings his status as an adoptee to the fore, such as a family tree or an assignment looking at biologic family traits. Follow your child's lead. Remember that elementary school children REALLY want to fit in and be like everyone else. In our case, we decided that having been adopted is a part of who our children are, but it does not define them, and we addressed these assignments accordingly.

In every conceivable manner, the family is link to our past, bridge to our future.

-- Alex Haley

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